Form 144 Filer Information

FORM 144

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

Form 144

NOTICE OF PROPOSED SALE OF SECURITIES PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information	
Filer CIK	0001555707
Filer CCC	XXXXXXXX
Is this a LIVE or TEST Filing?	● LIVE ◎ TEST
Submission Contact Information	
Name	
Phone	
E-Mail Address	
144: Issuer Information	
Name of Issuer	USANA HEALTH SCIENCES INC
SEC File Number	001-35024
Address of Issuer	3838 WEST PARKWAY BLVD. SALT LAKE CITY UTAH 84120-6336
Phone	8019547100
Name of Person for Whose Account the Securities are To Be Sold	Brown Jim
the securities are to be sold but also as to a	(a) of Rule 144. Information is to be given not only as to the person for whose account all other persons included in that definition. In addition, information shall be given as to ired by paragraph (e) of Rule 144 to be aggregated with sales for the account of the
Relationship to Issuer	Officer
144: Securities Information	on
Title of the Class of Securities To Be Sold	COMMON
Name and Address of the Broker	ETRADE FINANCIAL CORPORATION 3 EDISON DRIVE ALPHARETTA GA 30005
Number of Shares or Other Units To Be Sold	12202
Aggregate Market Value	820462.48
Number of Shares or Other Units Outstanding	19300000
Approximate Date of Sale	05/08/2023
Name the Securities Exchange	NYSE

any part of the purchase price or other consic	leration therefor	
144: Securities To Be Sol		
Title of the Class	COMMON	
Date you Acquired	02/03/2022	
Nature of Acquisition Transaction	RESTRICTED STOCK	
Name of Person from Whom Acquired	ISSUER	
Is this a Gift?	Date Donor Acquired	
Amount of Securities Acquired	2045	
Date of Payment	02/03/2022	
Nature of Payment	COMPENSATION	
If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.		
144: Securities To Be Sol	d	
Title of the Class	COMMON	
Date you Acquired	02/04/2022	
Nature of Acquisition Transaction	RESTRICTED STOCK	
Name of Person from Whom Acquired	ISSUER	
Is this a Gift?	Date Donor Acquired	
Amount of Securities Acquired	1078	
Date of Payment	02/04/2022	
Nature of Payment	COMPENSATION	
If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.		
144: Securities To Be Sol	d	
Title of the Class	COMMON	
Date you Acquired	02/05/2022	
Nature of Acquisition Transaction	RESTRICTED STOCK	

ISSUER

1310

02/05/2022

COMPENSATION

Date Donor Acquired

Name of Person from Whom Acquired

Amount of Securities Acquired

Is this a Gift?

Date of Payment

Nature of Payment

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

installment paid.		
144: Securities To Be Sol	d	
Title of the Class	COMMON	
Date you Acquired	02/08/2022	
Nature of Acquisition Transaction	RESTRICTED STOCK	
Name of Person from Whom Acquired	ISSUER	
Is this a Gift?	Date Donor Acquired	
Amount of Securities Acquired	1574	
Date of Payment	02/08/2022	
Nature of Payment	COMPENSATION	
If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.		
144: Securities To Be Sol	a	
Title of the Class	COMMON	
Date you Acquired	02/03/2023	
Nature of Acquisition Transaction	RESTRICTED STOCK	
Name of Person from Whom Acquired	ISSUER	
Is this a Gift?	Date Donor Acquired	
Amount of Securities Acquired	2046	
Date of Payment	02/03/2023	
Nature of Payment	COMPENSATION	
If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.		
144: Securities To Be Sol	d	
Title of the Class	COMMON	
Date you Acquired	02/04/2023	
Nature of Acquisition Transaction	RESTRICTED STOCK	
Name of Person from Whom Acquired	ISSUER	
Is this a Gift?	Date Donor Acquired	

Amount of Securities Acquired

Date of Payment

1078

02/04/2023

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COMPENSATION

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold	
Title of the Class	COMMON
Date you Acquired	02/07/2023
Nature of Acquisition Transaction	RESTRICTED STOCK
Name of Person from Whom Acquired	ISSUER
Is this a Gift?	Date Donor Acquired
Amount of Securities Acquired	1498
Date of Payment	02/07/2023
Nature of Payment	COMPENSATION
If the securities were purchased and full pay	ment therefor was not made in each at the time of purchase, explain in the table or in a

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class	COMMON
Date you Acquired	02/08/2023
Nature of Acquisition Transaction	RESTRICTED STOCK
Name of Person from Whom Acquired	ISSUER
Is this a Gift?	Date Donor Acquired
Amount of Securities Acquired	1573
Date of Payment	02/08/2023
Nature of Payment	COMPENSATION

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Nothing to Report	V
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144: Remarks and Signature

Remarks	
Date of Notice	05/08/2023

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature	/s/ Jim Hillard Brown
Signature	/s/ Jim Hillard Brown
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ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)