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	0001889687		
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	Ding Xia		
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	Director		
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	606		
Aggregate Market Value	39753.24		
Number of Shares or Other Units Outstanding	19300000		
Approximate Date of Sale	07/27/2023		
Name the Securities Exchange	NYSE		

any part of the purchase price or other consider	deration therefor:	
144: Securities To Be Sol	ld	
Title of the Class	COMMON	
Date you Acquired	01/25/2023	
Nature of Acquisition Transaction	RESTRICTED STOCK	
Name of Person from Whom Acquired	ISSUER	
Is this a Gift?	Date Donor Acquired	
Amount of Securities Acquired	303	
Date of Payment	01/25/2023	
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	ld	
Title of the Class	СОММОН	
Date you Acquired	10/25/2022	
Nature of Acquisition Transaction	RESTRICTED STOCK	
Name of Person from Whom Acquired	ISSUER	
Is this a Gift?	☐Date Donor Acquired	
Amount of Securities Acquired	303	
Date of Payment	10/25/2022	
Nature of Payment	COMPENSATION	
note thereto the nature of the consideration	ment therefor was not made in cash at the time of given. If the consideration consisted of any note ment and state when the note or other obligations.	or other obligation, or if payment was
Furnish the following information as to all se securities are to be sold.	curities of the issuer sold during the past 3 mont	ths by the person for whose account the
144: Securities Sold During The Past 3 Months		
Nothing to Report	v	
144: Remarks and Signature		
Remarks		
Date of Notice	07/27/2023	

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/ Xia Ding

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)