

## Form 144 Filer Information

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

FORM 144

## Form 144

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

## 144: Filer Information

Filer CIK 0001298819

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 SINNOTT ROBERT A

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer Officer

## 144: Securities Information

Title of the Class of Securities To Be Sold COMMON

Name and Address of the Broker MORGAN STANLEY SMITH BARNEY LLC, EXECUTIVE SERVICES  
200 W CIVIC CENTER DR. 4TH FLOOR  
SANDY  
UT  
84070

Number of Shares or Other Units To Be Sold 3945

Aggregate Market Value 183661.16

Number of Shares or Other Units Outstanding 19300000

Approximate Date of Sale 03/05/2024

Name the Securities Exchange NYSE

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or

any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	COMMON
Date you Acquired	02/03/2024
Nature of Acquisition Transaction	RESTRICTED STOCK
Name of Person from Whom Acquired	ISSUER
Is this a Gift?	<input type="checkbox"/> Date Donor Acquired
Amount of Securities Acquired	1020
Date of Payment	02/03/2024
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 Sold

Title of the Class	COMMON
Date you Acquired	02/06/2024
Nature of Acquisition Transaction	RESTRICTED STOCK
Name of Person from Whom Acquired	ISSUER
Is this a Gift?	<input type="checkbox"/> Date Donor Acquired
Amount of Securities Acquired	1271
Date of Payment	02/06/2024
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 Sold

Title of the Class	COMMON
Date you Acquired	02/07/2024
Nature of Acquisition Transaction	RESTRICTED STOCK
Name of Person from Whom Acquired	ISSUER
Is this a Gift?	<input type="checkbox"/> Date Donor Acquired
Amount of Securities Acquired	802
Date of Payment	02/07/2024
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 Sold

Title of the Class	COMMON
Date you Acquired	02/08/2024
Nature of Acquisition Transaction	RESTRICTED STOCK
Name of Person from Whom Acquired	ISSUER

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired	852
Date of Payment	02/08/2024
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



## 144: Remarks and Signature

Remarks	
Date of Notice	03/05/2024

### 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/ Robert A Sinnott
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**ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)**