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	0001775522			
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	Neidig Brent			
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 filling 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	3810			
Aggregate Market Value	179067.71			
Number of Shares or Other Units Outstanding	19300000			
Approximate Date of Sale	03/06/2024			
Name the Securities Exchange	NYSE			

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?	Date Donor Acquired		
Amount of Securities Acquired	985		
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 Sol	d		
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?	Date Donor Acquired		
Amount of Securities Acquired	1235		
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?	Date Donor Acquired		

Amount of Securities Acquired

Date of Payment

Nature of Payment

779

02/07/2024

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	811		
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

ATTENTION:

Date of Notice

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.

03/06/2024

Signature /s/ Brent Lowell Neidig

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