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	0001537768			
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	Macuga Daniel A.			
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 ill other persons included in that definition. In addition, information shall be given as to red 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	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	3791			
Aggregate Market Value	178716.85			
Number of Shares or Other Units Outstanding	19200000			
Approximate Date of Sale	05/02/2024			
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	02/06/2024			
Nature of Acquisition Transaction	RESTRICTED STOCK			
Name of Person from Whom Acquired	ISSUER			
Is this a Gift?	Date Donor Acquired			
Amount of Securities Acquired	1442			
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 Sol	d			
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	966			
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.				
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			

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02/03/2024

COMPENSATION

Amount of Securities Acquired

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.

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	910		
Date of Payment	02/07/2024		
Nature of Payment	COMPENSATION		
Furnish the following information as to all securities are to be sold. 144: Securities Sold Duri	curities of the issuer sold during the past 3 month	ns by the person for whose account the	
Name and Address of Seller	DANIEL A MACUGA JR 3838 WEST PARKWAY BLVD. SALT LAKE CITY UT 84120		
Title of Securities Sold	RESTRICTED STOCK		
Date of Sale	03/01/2024		
Amount of Securities Sold	1500		
Gross Proceeds	72120.00		
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.

05/02/2024

Signature	/s/ Daniel A. Macuga