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 | 0001697433 | | |
| 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 | Mulham David Mulham | | |
| 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 red by paragraph (e) of Rule 144 to be aggregated with sales for the account of the | | |
| 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 | 3234 | | |
| Aggregate Market Value | 106670.00 | | |
| Number of Shares or Other Units Outstanding | 19100000 | | |
| Approximate Date of Sale | 03/10/2025 | | |
| 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 | 02/07/2025 | | | |
| Nature of Acquisition Transaction | RESTRICTED STOCK | | | |
| Name of Person from Whom Acquired | ISSUER | | | |
| Is this a Gift? | Date Donor Acquired | | | |
| Amount of Securities Acquired | 1557 | | | |
| Date of Payment | 02/07/2025 | | | |
| 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 | 02/08/2025 | | | |
| Nature of Acquisition Transaction | RESTRICTED STOCK | | | |
| Name of Person from Whom Acquired | ISSUER | | | |
| Is this a Gift? | Date Donor Acquired | | | |
| Amount of Securities Acquired | 1677 | | | |
| Date of Payment | 02/08/2025 | | | |
| Nature of Payment | COMPENSATION | | | |
| note thereto the nature of the consideration | ment therefor was not made in cash at the time or given. If the consideration consisted of any note ment and state when the note or other obligat | e 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 | 03/10/2025 | | | |

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