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 illiorillation			
Filer CIK	0001748208		
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	Foukas Joshua		
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	5732		
Aggregate Market Value	186514.72		
Number of Shares or Other Units Outstanding	19100000		
Approximate Date of Sale	03/12/2025		
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	02/06/2025		
Nature of Acquisition Transaction	RESTRICTED STOCK		
Name of Person from Whom Acquired	ISSUER		
Is this a Gift?	Date Donor Acquired		
Amount of Securities Acquired	1792		
Date of Payment	02/06/2025		
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 Sold			
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	906		
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 Sold			
Title of the Class	COMMON		
Date you Acquired	02/08/2025		
Nature of Acquisition Transaction	RESTRICTED STOCK		

ISSUER

3034

02/08/2025

COMPENSATION

Date Donor Acquired

Name of Person from Whom Acquired

Amount of Securities Acquired

Is this a Gift?

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.

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 □ 3/12/2025

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/ Joshua Foukas

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