FORM 4

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

OMB APPROVAL
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

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1. Name and Address of Reporting Person – GULL HOLDINGS LTD				2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director X 10% Owner			
3838 WEST PARKWAY BLVD (Middle)			3. Date of Earliest Transaction (Month/Day/Year) 11/10/2003					Office	er (give title belo	ow)	Other (specify b	elow)
(Street) SALT LAKE CITY, UT 84120			4. If Amendment, Date Original Filed(Month/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting PersonForm filed by More than One Reporting Person				
(State)	(Zip)	7	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Own					Owned				
I	Date (Month/Day/Year)	any	Code (Instr. 8)		on 4. Securities Acquired or Disposed of (D) (Instr. 3, 4 and 5)		(D)	Beneficially Owner Reported Transact		l Following on(s)	Ownership Form:	Beneficial
		(Month/Day/Year	Code	V	Amount	(A) or (D)	(A) or (I)		or Indirect (I)	Ownership (Instr. 4)		
	11/10/2003		S		30,000	D :	\$38.582	24 8,212,9	964		D	
				Pe	ersons wh	ho res	spond to	the colle	ection of in	formation	S	EC 1474 (9-
	Table II	- Derivative Secur		th iired,	ontained i e form di Disposed	in this splays of, or l	s form a s a curr Beneficia	re not requestion realised to the second real	uired to red d OMB co	espond unl ntrol numb	ess	02)
3. Transactic Date (Month/Day	on 3A. Deeme Execution any	(e.g., puts, calls,	5. Num	cctth iired, optio ber 6 a a iive (1)	ontained i e form di Disposed	in this splays of, or letible so reisable ion Dat	Beneficis ecurities e 7. Table 1 Ann Sec (In 4)	re not requestion realised to the second real	8. Price of Derivative Security (Instr. 5)	spond unl	of 10. Owners: Form of Derivati Security Direct () or Indire	11. Natu of Indire Benefici ve (Instr. 4)
	(First) WAY BLV (Street) , UT 84120 (State)	(First) (Middle) WAY BLVD (Street) , UT 84120 (State) (Zip) 2. Transaction Date (Month/Day/Year) 11/10/2003	(First) (Middle) (Street) (Street) (State) (State) (State) (Zip) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) 11/10/2003	(First) (Middle) WAY BLVD (Street) , UT 84120 (State) (State) (State) (State) (State) (Zip) (State) (Zip) Table I - N Execution Date, if (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Code (Instr. 8) Code 11/10/2003 S	(First) (Middle) WAY BLVD (Street) (Street) (State) (State) (Zip) (State) (Zip) (State) (Zip) (State) (Zip) (State) (A. Deemed Execution Date, if Code (Instr. 8) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Code V) 11/10/2003 Separate line for each class of securities beneficially owned directly and the content of the conte	(First) (Middle) WAY BLVD (Street) (State) (State) (State) (Zip) (State) (Zip) (State) (Zip) (State) (Zip) (State) (Zip) (State) (Zip) (A. Deemed Execution Date, if any (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Code (Instr. 8) (Instr. 3, Code V Amount State of Securities beneficially owned directly or	(First) (Middle) WAY BLVD 3. Date of Earliest Transaction (Month/Day/Yea 11/10/2003 (Street) 4. If Amendment, Date Original Filed(Month/Day/Year) (State) (State) (Zip) Table I - Non-Derivative Securities Acc Code (Instr. 8) (Month/Day/Year) (Month/Day/Year) (A) or Code V Amount (D) 11/10/2003 separate line for each class of securities beneficially owned directly or	(First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) 11/10/2003 (Street) 4. If Amendment, Date Original Filed(Month/Day/Year) (State) (Zip) Table I - Non-Derivative Securities Acquired (A cord Date (Month/Day/Year)) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (A) or Code V Amount (D) Price 11/10/2003 Separate line for each class of securities beneficially owned directly or	(First) (Middle) (Street) (State) (State) (State) (Zip) (Zip) (Zip) (State) (Zip) (A) (Code (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (A) (Instr. 3, 4 and 5) (Instr. 3, 4 and 5) (Instr. 3) (Instr. 3)	(First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) 11/10/2003 (Street) 4. If Amendment, Date Original Filed(Month/Day/Year) 6. Individual or Joint/X_Form filed by One Repc_Form filed by More than 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 2. Ocde (Instr. 8) (Instr. 3, 4 and 5) (Instr. 3 and 4) 5. Amount of Securities Acquired (A) or Disposed of (Instr. 3 and 4) 6. Individual or Joint/X_Form filed by More than 2. Transaction Date (Instr. 8) (Instr. 3, 4 and 5) (Instr. 3 and 4) 6. Individual or Joint/X_Form filed by One Repc_Form filed by More than 2. Transaction Date (Instr. 8) (Instr. 3, 4 and 5) (Instr. 3 and 4) 6. Individual or Joint/X_Form filed by One Repc_Form filed by One Repc_Form filed by More than 2. Transaction Date (Instr. 8) (Instr. 3, 4 and 5) (Instr. 3 and 4) 6. Individual or Joint/X_Form filed by One Repc_Form filed by O	(Street) (State) (State) (State) (State) (State) (State) (Zip) (Zip) (Zip) (State) (Zip) (State) (Zip) (Zip) (Zip) (Zip) (State) (Zip) (Zip) (State) (Zip) (State) (Zip) (Zip)	(First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) 11/10/2003 (Street) 4. If Amendment, Date Original Filed(Month/Day/Year) 5. Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 3, 4 and 5) (Instr. 3 and 4) (Instr. 3 and 4) (Instr. 4) 11/10/2003 (State) Code V Amount (D) Price (Instr. 3) 30,000 D \$38.5824 8,212,964 (State) Code (Date of Date (Date of Date of Date (Date of Date of Date of Date (Date of Date of Date of Date of Date of Date of Date (Date of Date

Reporting Owners

Daniel Communication (Additional	Relationships					
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
GULL HOLDINGS LTD 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120		X				

Signatures

David A. Wentz, as attorney in fact	11/12/2003
**Signature of Reporting Person	Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.