

INITIAL STATEMENT OF 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

(Print or Type Responses)

1. Name and Address of Reporting Person Meyer Paul James <small>(Last) (First) (Middle)</small> 4527 LAKE SHORE DRIVE <small>(Street)</small> WACO, TX 76710 <small>(City) (State) (Zip)</small>	2. Date of Event Requiring Statement (Month/Day/Year) 05/13/2008	3. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]	5. If Amendment, Date Original Filed(Month/Day/Year)
		4. Relationship of Reporting Person(s) to Issuer (Check all applicable) <small>Director 10% Owner</small> <small>Officer (give title below) X Other (specify below)</small> (1)	6. Individual or Joint/Group Filing(Check Applicable Line) <small>X Form filed by One Reporting Person</small> <small>Form filed by More than One Reporting Person</small>

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	\$4,000	I	By Spouse

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

SEC 1473 (7-02)

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

Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Meyer Paul James 4527 LAKE SHORE DRIVE WACO, TX 76710				(1)

Signatures

/s/ Paul James Meyer	05/23/2008
<small>Signature of Reporting Person</small>	<small>Date</small>

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 5(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).

Remarks:

(1) Reporting Person may be deemed to be a member of a 13(d) group that collectively is a ten percent (10%) owner (see that certain Schedule 13(d) filed on May 23, 2008 by Reporting Person and

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.