

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

(Print or Type Responses)

1. Name and Address of Reporting Person * WENTZ MYRON W			2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 01/02/2019					
C/O USANA HEALTH SCIENCES, INC., 3838 WEST PARKWAY BLVD								
(Street)			4. If Amendment, Date Original Filed(Month/Day/Year)			6. Individual or Joint/Group Filing(Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person		
SALT LAKE CITY, UT 84120								
(City) (State) (Zip)			Table 1 - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned					

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	01/02/2019		S(1)		7,131	D	\$ 116.25 (2) (3)	9,918,483	I	Shares owned of record by Gull Global Limited (4)
Common Stock	01/02/2019		S(1)		2,600	D	\$ 117 (3) (5)	9,915,883	I	Shares owned of record by Gull Global Limited (4)
Common Stock	01/02/2019		S(1)		200	D	\$ 117.68 (3) (6)	9,915,683	I	Shares owned of record by Gull Global Limited (4)
Common Stock	01/03/2019		S(1)		7,096	D	\$ 113.07 (3) (7)	9,908,587	I	Shares owned of record by Gull Global Limited (4)
Common Stock	01/03/2019		S(1)		2,316	D	\$ 113.86 (3) (8)	9,906,271	I	Shares owned of record by Gull Global Limited (4)
Common Stock	01/03/2019		S(1)		700	D	\$ 115.25 (3) (9)	9,905,571	I	Shares owned of record by Gull Global Limited (4)
Common Stock	01/03/2019		S(1)		100	D	\$ 115.97	9,905,471	I	Shares owned of record by Gull Global Limited

Common Stock	01/04/2019		S ⁽¹⁾	1,700	D	\$ 113.17 (3) (10)	9,903,771	I	(4) Shares owned of record by Gull Global Limited (4)
Common Stock	01/04/2019		S ⁽¹⁾	3,223	D	\$ 114.23 (3) (11)	9,900,548	I	Shares owned of record by Gull Global Limited (4)
Common Stock	01/04/2019		S ⁽¹⁾	4,474	D	\$ 115 (3) (12)	9,896,074	I	Shares owned of record by Gull Global Limited (4)
Common Stock	01/04/2019		S ⁽¹⁾	160	D	\$ 116.11 (3) (13)	9,895,914	I	Shares owned of record by Gull Global Limited (4)

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

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

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)				6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date					

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
WENTZ MYRON W C/O USANA HEALTH SCIENCES, INC. 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120	X			

Signatures

/s/ Valarie A. Hing, Attorney in Fact	01/04/2019
<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 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).

(1) This sale was effected pursuant to a Rule 10b5-1 trading plan adopted by the Reporting Person.

- (2) Weighted average price. Price range in multiple transactions was \$115.64 to \$116.60, inclusive.
- (3) The reporting person undertakes to provide USANA Health Sciences, Inc., any security holder thereof or the staff of the Securities Exchange Commission information regarding the number of shares sold at each price within the ranges set forth.
- (4) The holder of record of the shares of Common Stock disposed of is Gull Global Limited, an entity wholly indirectly owned and controlled by Dr. Myron W. Wentz.
- (5) Weighted average price. Price range in multiple transactions was \$116.64 to \$117.61, inclusive.
- (6) Weighted average price. Price range in multiple transactions was \$117.65 to \$117.70, inclusive.
- (7) Weighted average price. Price range in multiple transactions was \$112.53 to \$113.51, inclusive.
- (8) Weighted average price. Price range in multiple transactions was \$113.57 to \$114.46, inclusive.
- (9) Weighted average price. Price range in multiple transactions was \$114.67 to \$115.56, inclusive.
- (10) Weighted average price. Price range in multiple transactions was \$112.67 to \$113.66, inclusive.
- (11) Weighted average price. Price range in multiple transactions was \$113.71 to \$114.69, inclusive.
- (12) Weighted average price. Price range in multiple transactions was \$114.71 to \$115.67, inclusive.
- (13) Weighted average price. Price range in multiple transactions was \$116.10 to \$116.13, inclusive.

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

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