FORM 4	•
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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).

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

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02)

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

(rrint or 1 ype Responses)										
1. Name and Address of Reporting Po WILSON MARK H	2. Issuer Name a USANA HEAL			0,		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner				
3838 WEST PARKWAY BLV	3. Date of Earliest 03/09/2006	Transactio	n (M	onth/Day	/Year)	X Officer (give title below) Other (specify below) E.V.P. of Customer Relations				
(Street) SALT LAKE CITY, UT 84120	4. If Amendment,	Date Origii	nal F	iled(Month	n/Day/Yea	6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City) (State)	(Zip)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned								
1.Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Year)		Execution Date, if	Code (Instr. 8)		(A) or Disposed of (D)		1 of (D) 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	Direct (D) or Indirect (I)	Beneficial Ownership
Common Stock	03/09/2006		Code S	V	Amount 1,000	()	Price \$ 42.58	42,900	(Instr. 4) D	

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

Persons who respond to the collection of information SEC 1474 (9contained in this form are not required to respond unless the form displays a currently valid OMB control number.

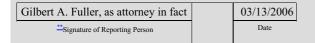
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

(e.g., puts, calls, warrants, options, convertible securities)														
1. Title of	2.	3. Transaction	3A. Deemed	4.	5.1	Jumber	6. Date Exer	cisable	7. Tit	le and	8. Price of	9. Number of	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Transaction	ı of	of and Expiration Date A		Amo	unt of	Derivative	Derivative	Ownership	of Indirect	
Security	or Exercise	(Month/Day/Year)	any	Code	Der	Derivative (Month/Day/Year)		Unde	rlying	Security	Securities	Form of	Beneficial	
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Sec	urities	5		Securities		(Instr. 5)	Beneficially	Derivative	Ownership
	Derivative				Ac	quired			(Instr	: 3 and		Owned	Security:	(Instr. 4)
	Security				(A)	A) or		4)			0	Direct (D)		
					Dis	visposed					Reported	or Indirect		
					of (D)						Transaction(s)	(I)	
						str. 3,						(Instr. 4)	(Instr. 4)	
					4, a	nd 5)								
										Amount				
							Date	Expiration		or				
							Exercisable		Title	Number				
							Excicisable	Date		of				
				Code V	(A) (D)				Shares				

Reporting Owners

D			Relationships								
Reporting Owner Name / Address		Director	10% Owner	Officer	Other						
3838	SON MARK H 3 WEST PARKWAY BLVD T LAKE CITY, UT 84120			E.V.P. of Customer Relations							

Signatures



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.

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