FORM 4

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

OMB APPROVAL					
DMB Number:	3235-0287				
Stimated average burden					
ours per respon	se 0.5				

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

f Reporting Person	on *						~ .			5. Relation		_		er
(First)		2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner								
WAY BLVD	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 08/26/2008						•		(give title belo		Other (specify b	elow)	
(Street)		4. If Amendment, Date Original Filed(Month/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line) X_Form filed by One Reporting Person Form filed by More than One Reporting Person							
(State)	(Zip)	Table I - Non-Derivative Securities Acqu						red, Dispo	osed of, or l	Beneficially	Owned			
1.Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Ye		Execut any	tion Date, i	Code (Instr. 8)		tion			of (D)	(D) Beneficially Owned Following Reported Transaction(s)		Following (s)	Ownership Form:	7. Nature of Indirect Beneficial
		(Monti	h/Day/Year		de	V	Amoun	(A) or t (D)	Price	(Instr. 3 and 4)			or Indirect	Ownership (Instr. 4)
08	3/26/2008			S	\$		4,532 (1)			8,235,40	99 <u>(1)</u>		I	Shares owned of record by Gull Holdings
separate line for e	each class of secu	ırities b	eneficially	owned	direc	tly o	r							
					ď	cont	ained i	n this f	orm are	e not req	uired to re	spond unl	ess	EC 1474 (9- 02)
					•		•			lly Owned				
1. Title of 2. 3. Transaction 3A. Deemed Execution Date, if Toerwity or Exercise (Month/Day/Year)		4. Fransaction Code	n of		and Expiration Do (Month/Day/Year		cisable on Date	7. Ta	ount of erlying urities		Derivative Securities Beneficially Owned Following Reported	Ownersl Form of Derivati Security Direct (I or Indirect)	Ownershi (Instr. 4)	
							e rcisable		on Title	Amount or Number of Shares				
Ī	(State) 2. Da (No. 1) 08 separate line for one of the control o	(State) (Zip) 2. Transaction Date (Month/Day/Year) 08/26/2008 separate line for each class of security and the separate line for each class of security and the separate line for each class of security and the separate line for each class of security and the separate line for each class of security and the separate line for each class of security and the separate line for each class of security and the separate line for each class of security and the security	(State) (Zip) 2. Transaction Date Execution Date (Month/Day/Year) 08/26/2008 Table II - Derivat (e.g., put 1) 3. Transaction Date (Execution Date, if (Month/Day/Year) any	(State) (Zip) Ta 2. Transaction Date (Month/Day/Year) 08/26/2008 2A. Deemed Execution Date, if any (Month/Day/Year) 08/26/2008 Table II - Derivative Securit (e.g., puts, calls, was a security and calls	(State) (Zip) Table I - 2. Transaction Date (Month/Day/Year)	(State) (Zip) Table I - Non- 2. 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Deemed (Instr. 8) (Instr. 3, 4 and 5) 2Code V Amount (D) Price Persons who respond to the colle contained in this form are not require the form displays a currently valid (Month/Day/Year) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 3. Transaction Date (e.g., puts, calls, warrants, options, convertible securities) 3. Transaction (Month/Day/Year) (Month/Day/Year) (Instr. 8) (Month/Day/Year) 4. Source (e.g., puts, calls, warrants, options, convertible securities) 5. Number (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 3, 4, and 5) 4. Title and Amount of (Month/Day/Year) (Instr. 3, 4, and 5) Amount of Date (Expiration Title Number (Instr. 3) (Instr. 3, 4, and 5)	(State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or I Execution Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 3. Transaction (Instr. 3, 4 and 5) Code V Amount (D) Price 2. A Deemed Execution Date, if (Instr. 3, 4 and 5) Code V Amount (D) Price 2. Transaction (Instr. 3 and 4) 3. Transaction (Instr. 3 and 4) Persons who respond to the collection of incontained in this form are not required to re the form displays a currently valid OMB core (A) or Derivative Securities Acquired, Disposed of, or Beneficially Owned (CA) or Derivative (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 4. Securities Acquired (A) or Disposed of, or Beneficially Owned (CA) or Derivative Securities (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 4. Securities Acquired (A) or Disposed of, or Beneficially Owned (CA) or Derivative Securities (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 4. Service form displays a currently valid OMB core (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 4. Service form displays a currently valid OMB core (Month/Day/Year) 4. Service form displays a currently valid OMB core (Month/Day/Year) 4. Service form displays a currently valid OMB core (Month/Day/Year) 5. Number (Month/Day/Year) 6. Date Exercisable and Expiration Date (Month/Day/Year) 8. Price of (Month/Day/Year) 8. Price of (Month/Day/Year) 9. Price of (Month/Day/Year) 1. Title Non-Month (Month/Day/Year) 1. Title Non-Month (Month/Day/Year) 1. Title	Cap Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned Following (Instr. 3, 4 and 5) Cap Cap	Sulte Cap Ca

Reporting Owners

Reporting Owner Name / Address	Relationships						
reporting 6 where remains a remainder	Director	10% Owner	Officer	Other			
WENTZ MYRON W							
3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120	X						

Signatures

Gilbert A. Fuller, as attorney in fact	08/28/2008
**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).
- (1) The holder of record of the shares of Common Stock acquired is Gull Holdings, Ltd., an entity owned and controlled by Dr. Myron W. Wentz.
- (2) Average Price. Price Range was \$36.00 to \$36.95.

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.