FORM 4 Check this box if no

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

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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

	es)														
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) N 10% Owner				
ST PARK	WAY BLVE	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 11/11/2008						Office	r (give title belo			elow)		
VKE CITV	(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)		Tal	ble I - N	on-I	Deriv	ative So	ecurities	s Acqui	ired, Disp	osed of, or l	Beneficially	Owned	
(Instr. 3) Date Execution (Month/Day/Year) any		Date	any		f Code (Instr. 8)				lof	f Beneficially Ow		Following	Form: Direct (D)	Beneficial Ownership	
				Cod	e	V	Amoun	(A) or t (D)	Price				or Indirect (I) (Instr. 4)	(Instr. 4)	
Stock		11/11/2008			S			50,000 (1)	11)	\$ 35.25	8,108,18	35		D	
******						P	ersonta	ons wh ained ir	this fo	orm ar	e not req	uired to re	spond un	ess	EC 1474 (9- 02)
							,		,			i			
	Date	3A. Deemed Execution Da any	4. 5. Transaction of Code D (Instr. 8) SA A (A D of (I		5. Number of Derivative Securities Acquired (A) or Disposed		6. Date Exercisable and Expiration Date		7. T Am Und Sec	Title and ount of derlying urities str. 3 and	Derivative Security (Instr. 5)	Derivative Securities Beneficially Owned Following Reported	Ownersi Form of Derivati Security Direct (I or Indirect)	(Instr. 4)	
							Date		Expiratio	on man	or e Number				
() () () () () () () () () ()	OLDINGS ST PARK AKE CITY Conversion or Exercise Price of Derivative	OLDINGS LTD (First) ST PARKWAY BLVE (Street) AKE CITY, UT 84120 (State) Security Stock Report on a separate line for Exercise Price of Derivative	OLDINGS LTD (First) (Middle) ST PARK WAY BLVD (Street) AKE CITY, UT 84120 (State) (Zip) Security 2. Transaction Date (Month/Day/Year) Stock 11/11/2008 Table II - D (Conversion On Exercise Price of Derivative (Month/Day/Year) 3. Transaction Date (Month/Day/Year) (Month/Day/Year) 3. Transaction Date (Month/Day/Year) (Month/Day/Year)	OLDINGS LTD (First) (Middle) 3. Date of E 11/11/200 (Street) 4. If Amend AKE CITY, UT 84120 (State) (State) 2. Transaction Date (Month/Day/Year) (Month/Day Stock 11/11/2008 Table II - Derivative Socies, puts, car any (Month/Day/Year) Conversion Octoresion On Conversion On Date (Month/Day/Year) Price of Derivative Price of Derivative (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year)	OLDINGS LTD (First) (Middle) (Street) (Street) (Street) (Street) (Street) (Street) (State) (Zip) (Zip) (AKE CITY, UT 84120 (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) Table II - Derivative Securities beneficially of Execution Date, if Conversion or Exercise (Month/Day/Year) (Month/Day/Year) (AKE CITY, UT 84120 (Zip) (Zip) (Zip) (Zip) (Zip) (A. If Amendment, A. If Am	OLDINGS LTD (First) (First) (ST PARKWAY BLVD (Street) (Street) (Street) (State) (Zip) (State) (Zip) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Code (Instr. Acquire (e.g., puts, calls, warrants, parce of Derivative Security (Month/Day/Year) (Month/Day/Year)	OLDINGS LTD OLDINGS LTG OLDINGS LTD OLDINGS LTANASCION OLDINGS LTANASC	OLDINGS LTD (First) (Street) (Street) (Street) (State) (State) (Zip) (State) (Zip) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Code V Code V Table II - Derivative Securities Acquired, Discontant the formal of Execution Date, if Conversion of Texercise (Month/Day/Year) (Report on a separate line for each class of securities beneficially owned directly or Conversion of Texercise (Month/Day/Year) (Month/Day/Year)	OLDINGS LTD (First) (Middle) (Street) (State) (Zip) (State) (Zip) (State) (Zip) (State) (Zip) (State) (Zip) (State) (A) Deemed Execution Date, if (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Code V Amount Code (Instr. 8) (Instr. 3) (Instr. 3) (Code V Amount Code (Instr. 8) (Instr. 3) (Instr. 3)	OLDINGS LTD (First) (Middle) (Street) (Middle) (Street) (Middle) (Street) (AKE CITY, UT 84120 (State) (Zip) (Zip) (Zip) (Zip) (State) (Zip) (Ake City, UT 84120 (Month/Day/Year) (Month/Day/Year)	OLDINGS LTD USANA HEALTH SCIENCES INC [USNA] 3. Date of Earliest Transaction (Month/Day/Year) 11/11/2008 4. If Amendment, Date Original Filed(Month/Day/Year) AKE CITY, UT 84120 Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) Stock 11/11/2008 2. Transaction Date (Month/Day/Year) Stock 11/11/2008 Stock Invertible Securities Acquired (A) or Disposed of, or Beneficial (Securities) Acquired (Month/Day/Year) (Instr. 8) Stock Invertible Securities (Month/Day/Year) Stock Invertible Securities (Instr. 8) Stock Invertible Securities (Month/Day/Year) Invertible Securities (Month/Day/Year) Invertible Securities (Month/Day/Year) Invertible Securities (Instr. 8) Invertible Securities (Month/Day/Year) Invertible Securities (Instr. 8) Invertible Securit	OLDINGS LTD USANA HEALTH SCIENCES INC [USNA] OFFICE (Windle) OST PARKWAY BLVD OS	OLDINGS LTD USANA HEALTH SCIENCES INC [USNA] (Characteristics of Earliest Transaction (Month/Day/Year) (Street) (State) (State) (State) (State) (State) (State) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of (Instr. 8) (Instr. 3, 4 and 5) (Instr. 3 and 4) Table II - Derivative Securities Deneficially owned directly or Table II - Derivative Securities Acquired, Disposed of (Instr. 3) (Instr. 3 and 4) Persons who respond to the collection of ir contained in this form are not required to rethe form displays a currently valid OMB core for Code (Instr. 8) (Instr. 3) Table II - Derivative Securities Acquired, Disposed of (Instr. 3) (Instr. 3)	USANA HEALTH SCIENCES INC [USNA]	OLDINGS LTD USANA HEALTH SCIENCES INC [USNA] Check all applicable Director Middle ST PARKWAY BLVD 11/11/2008 3. Date of Earliest Transaction (Month/Day/Year) 11/11/2008 4. If Amendment, Date Original Filed (Month/Day/Year) Gilber (give title below) Other (specifive preson profiled by More than One Reporting Person profiled by More than One Rep

Reporting Owners

Paradia Oma Nama / Addama	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
GULL HOLDINGS LTD 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120		X					

Signatures

James Bramble, as attorney in fact	11/13/2008
**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) Gull Holdings, Ltd., the holder of record of the shares of Common Stock disposed, is an entity owned and controlled by Dr. Myron W. Wentz.

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.

LIMITED POWER OF ATTORNEY FOR SECTION 16 REPORTING OBLIGATIONS

Know all by these presents, that the undersigned hereby makes, constitutes and appoints each of Jeff Yates and James H. Bramble, each acting individually, as the undersigned's true and lawful attorney-in-fact, with full power and authority as hereinafter described on behalf of and in the name, place and stead of the undersigned to:

- (1) Prepare, execute, acknowledge, deliver and file Forms 3, 4, 5 and 144 (including any amendments thereto) with respect to the securities of USANA Health Sciences, Inc., a Utah corporation (the "Company"), with the United States Securities and Exchange Commission, any national securities exchanges and the Company, as considered necessary or advisable under Section 16(a) of the Securities Exchange Act of 1934 and the rules and regulations promulgated thereunder, as amended from time to time (the "Exchange Act");
- (2) Seek or obtain, as the undersigned's representative and on the undersigned's behalf, information on transactions in the Company's securities from any third party, including brokers, employee benefit plan administrators and trustees, and the undersigned hereby authorizes any such person to release any such information to the undersigned and approves and ratifies any such release of information; and
- (3) Perform any and all other acts which in the discretion of such attorney-in-fact are necessary or desirable for and on behalf of the undersigned in connection with the foregoing.

The undersigned acknowledges that:

- (1) This Power of Attorney authorizes, but does not require, each such
- attorney-in-fact to act in his or her discretion on information provided to such attorney-in-fact without independent verification of such information;
- (2) Any documents prepared and/or executed by either such attorney-in-fact on behalf of the undersigned pursuant to this Power of Attorney will be in such form and will contain such information and disclosure as such attorney-in-fact, in his or her discretion, deems necessary or desirable;
- (3) Neither the Company nor either of such attorneys-in-fact assumes (i) any liability for the undersigned's responsibility to comply with the requirement of the Exchange Act, (ii) any liability of the undersigned for any failure to comply with such requirements, or (iii) any
- obligation or liability of the undersigned for profit disgorgement under Section 16(b) of the Exchange Act; and
- (4) This Power of Attorney does not relieve the undersigned from responsibility for compliance with the undersigned's obligations under the Exchange Act, including without limitation the reporting requirements under Section 16 of the Exchange Act. The undersigned hereby gives and grants each of the foregoing attorneys-in-fact full power and authority to do and perform all and every act and thing whatsoever requisite, necessary or appropriate to be done in and about the foregoing matters as fully to all intents and purposes as the undersigned might or could do if present, hereby ratifying all that each such attorney-in-fact of, for and on behalf of the undersigned, shall lawfully do or cause to be done by virtue of this Limited Power of Attorney. This Power of Attorney shall remain in full force and effect until revoked by the undersigned in a signed

writing delivered to each such attorney-in-fact.

IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of this 3 day of September, 2008.

/s/ Jeffrey Yates Jeffrey Yates