# FORM 4

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

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

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

1. Name and Address of Reporting Person *- WENTZ MYRON W				2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]								4	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last) (First) (Middle) 3838 WEST PARKWAY BLVD				3. Date of Earliest Transaction (Month/Day/Year) 08/11/2010								-					
(Street) SALT LAKE CITY, UT 84120				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				
7)	(State)	(Zip)		Table I - Non-Derivative Securities Acquired, Disposed of, or Be								Beneficially	Owned				
(Instr. 3)		Date	Exect any	tion Date, if		Code (Instr. 8)					d of	Benefic Reporte		neficially Owned Following ported Transaction(s)		Ownership Form: Direct (D)	7. Nature of Indirect Beneficial Ownership
						Co	ode	V	Amoui	or	Pr	rice		or Indirect ((I) (Instr. 4)		(Instr. 4)	
Stock	(	08/11/2010				Š	S		,	D	\$ 42	2.48	8,040,04	10		I	Shares owned of record by Gull Holdings
Report on a	separate line for	each class of secu	rities	beneficia	ılly c	wned	direc	tly or									
							•	onta	ained i	n this	form	n are	not req	uired to re	spond unl	ess	EC 1474 (9- 02)
							•		•				ly Owned	l			
		ear) any		Code	ion	of Derive Secur Acqui (A) or Dispo of (D) (Instr.	ative ities ired resed ) . 3,	and I (Moi	Expirati nth/Day	on Date /Year) Expira	;	Amo Undo Secu (Inst 4)	ount of erlying urities r. 3 and Amount or		Derivative Securities Beneficially Owned Following Reported	Owners Form of Derivati Security Direct ( or Indirects)	ve Ownership v: (Instr. 4) D)
	MYRON V ST PARK  AKE CITY  Conversion or Exercise Price of Derivative	MYRON W  (First) (ST PARKWAY BLVD (Street)  AKE CITY, UT 84120 (State)  Security  2.  Conversion or Exercise Price of Derivative	MYRON W  (Street)  (Street)  AKE CITY, UT 84120  (State)  (State)  (Month/Day/Year)   Table II - E  (Conversion or Exercise Price of Derivative  (Month/Day/Year)  (Middle)  (Middle)  (Middle)  (Middle)  (Middle)  (Middle)  (AKE CITY, UT 84120  2. Transaction Date (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)	MYRON W  (First) (Middle) (Street)  AKE CITY, UT 84120  (State)  2. Transaction Date (Month/Day/Year)  Stock  (Month/Day/Year)  Table II - Deriva (e.g., p)  2. Transaction Date (a.g., p)  (Month/Day/Year)  AKE CITY (Month/Day/Year)  Stock  Table III - Deriva (e.g., p)  (Month/Day/Year)  AKE CITY (Month/Day/Year)  AKE CITY (Transaction Date (a.g., p)  Table III - Deriva (e.g., p)  (Month/Day/Year)	MYRON W  (First) (Middle) (Street)  (Street)  (AKE CITY, UT 84120  (State)  (State)  (State)  (Month/Day/Year)  (Month/Day/Year)  Stock  (Month/Day/Year)  (Month/Day/Year)  (AKE CITY, UT 84120  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (AKE CITY, UT 84120  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (AKE CITY, UT 84120  (Month/Day/Year)  (ALI Amendment of Execution Date (Execution Date (e.g., puts, calls any (Month/Day/Year))  (AKE CITY, UT 84120  (Month/Day/Year)  (ALI Amendment of Execution Date (Execution Date (e.g., puts, calls any (Month/Day/Year))  (Month/Day/Year)  (ALI Amendment of Execution Date (e.g., puts, calls any (Month/Day/Year))  (ALI Amendment of Execution Date (e.g., puts, calls any (Month/Day/Year))	MYRON W  (First) (Middle) (Street)  (Street)  (Street)  (Street)  (Street)  (Street)  (State)  (Zip)  (State)  (Zip)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (E.g., puts, calls, wa concerning of Execution Date (e.g., puts, calls, wa concerning of Execution Date (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)	MYRON W  (First) (Street)  (Street)  (Street)  (State)  (State)  (Zip)  (Zip)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Report on a separate line for each class of securities beneficially owned or Exercise Price of Derivative Security  (Month/Day/Year)  (Middle)  3. Date of Earliest Trans 08/11/2010  4. If Amendment, Date of Execution Date of Execution Date, if Codd (Inst Codd)  (Month/Day/Year)  (Month/Day/Year)  (Report on a separate line for each class of securities beneficially owned or Exercise (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)	MYRON W  (First) (Middle) (Street)  (Middle) (Street)  (A. If Amendment, Date Origin  (Street)  (Street)  (A. If Amendment, Date Origin  (Street)  (State)  (Zip)  (Zip)  (State)  (Zip)  (A. If Amendment, Date Origin  (Month/Day/Year)  (Month/Day/Year)  (A. If Amendment, Date Origin  (Code (Instr. 8)  (Instr. 8)  (Code (Instr. 8)  (Code (Instr. 8)  (Code (Instr. 8)  (Month/Day/Year)  (E.g., puts, calls, warrants, option or Exercise (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Instr. 8)  (Instr. 8)	MYRON W  (First) (Middle) (Street)  (Street)  (Street)  (Street)  (State)  (State)  (Zip)  (Zip)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (AKE CITY, UT 84120  (State)  (State)  (Zip)  (Zip)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Code V)  (Code V)	MYRON W  (First) (Middle) (Street)  (Street)  (Street)  (AKE CITY, UT 84120  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  Stock  (Month/Day/Year)  (Month/Day/Year)	MYRON W  (First) (Street)  (Street)  (Street)  (Street)  (Street)  (Street)  (Street)  (AE CITY, UT 84120  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  Stock  (Month/Day/Year)  (Month/Day/Year)	MYRON W  (First) (Middle) (Street)  (ALE CITY, UT 84120  (Street)  (Month/Day/Year)  (Month/Day/Year)	MYRON W  USANA HEALTH SCIENCES INC [USNA]  3. Date of Earliest Transaction (Month/Day/Year)  08/11/2010  (Street)  AKE CITY, UT 84120  (State)  2. Transaction Date (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  Stock  08/11/2010  Stock	Stock   OS/11/2010   OS   OS   OS   OS   OS   OS   OS   O	USANA HEALTH SCIENCES INC [USNA]   X_ Director Officer (give title below the body of the body of the body of the form displays a currently valid OMB core Exercise Conversion Date of Exercise Conversion Derivative Securities Acquired (Month/Day/Year)   Date (Month/Day/	USANA HEALTH SCIENCES INC [USNA]   X_Director Officer (give title below)   X_Directo	USANA HEALTH SCIENCES INC [USNA]   Species   USNA   USNA   Species   USNA   US

### **Reporting Owners**

Reporting Owner Name / Address	Relationships							
Reporting Owner Plante / Plantess	Director	10% Owner	Officer	Other				
WENTZ MYRON W								
3838 WEST PARKWAY BLVD	X							
SALT LAKE CITY, UT 84120								

#### **Signatures**

James Bramble, as attorney in fact	08/12/2010
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 disposed is Gull Holdings, Ltd., an entity owned and controlled by Dr. Myron W. Wentz.
- (2) The sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on June 18, 2009.

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.