FORM 4

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

OMB APPROVAL OMB Number: 3235-0287 Estimated average burden hours per response... 0.5

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

(Find of Type Respo	inses)		-										
1. Name and Addres GULL HOLDIN	2. Issuer Name a USANA HEAL						5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director X 10% Owner						
3838 WEST PAR	(First) RKWAY BLV	(Middle)	3. Date of Earliest 10/09/2013	Transactio	on (N	Ionth/Da	y/Yea	r)	Officer (give title below) — Other (specify below				
SALT LAKE CIT	4. If Amendment,	Date Orig	inal I	Filed(Mont	h/Day/Y		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)	Tat	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned									
1.Title of Security (Instr. 3)			Execution Date, if any	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)		of Indirect Beneficial			
			(Month/Day/Year)	Code	v	Amount	(A) or (D)	Price	(Instr. 3 and 4)	Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)		
Common Stock		10/09/2013		S		7,000 (1) (2)	D	\$ 80.0791 (<u>3)</u>	6,581,167	D			

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

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02)

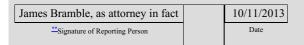
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

(e.g., puts, cans, warrants, options, convertible securities)															
1. Title of	2.	3. Transaction	3A. Deemed	4.	4	5. Nu	mber	6. Date Exer	cisable	7. Tit	le and	8. Price of	9. Number of	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Transactio	on	of		and Expirati	on Date	Amo	unt of	Derivative	Derivative	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	Code]	Deriv	ative	(Month/Day	/Year)	Unde	rlying	Security	Securities	Form of	Beneficial
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)		Secur	ities			Secu	rities	(Instr. 5)	Beneficially	Derivative	Ownership
	Derivative				4	Acqui	ired			(Instr	. 3 and		Owned	Security:	(Instr. 4)
	Security				((A) 01	r			4)			Following	Direct (D)	
]	Dispo	sed						Reported	or Indirect	
					0	of (D))						Transaction(s)	(I)	
						(Instr.							(Instr. 4)	(Instr. 4)	
					4	4, and	15)								
											Amount				
								Date	Expiration		or				
								Exercisable	•	Title	Number				
								Exercisable	Date		of				
				Code	V	(A)	(D)				Shares				

Reporting Owners

Densities Open News (Add	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
GULL HOLDINGS LTD 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120		Х						

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).

(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.

(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 1, 2012.

(3) Average price. Price range was \$79.25 to \$80.90.

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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