

FORM 4

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

OMB APPROVAL	
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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).

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

(Print or Type Responses)

1. Name and Address of Reporting Person * WENTZ MYRON W			2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 12/04/2014			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person		
3838 WEST PARKWAY BLVD			4. If Amendment, Date Original Filed (Month/Day/Year)					
(Street) SALT LAKE CITY, UT 84120			(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)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction 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) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	12/04/2014		M		108,295	A	\$ 39.18	6,551,617	I	Shares owned of record by Gull Holdings (5)
Common Stock	12/04/2014		S		108,295	D	\$ 104.9827 (1)	6,443,322	I	Shares owned of record by Gull Holdings (5)
Common Stock	12/05/2014		M		39,025	A	\$ 39.18	6,482,347	I	Shares owned of record by Gull Holdings (5)
Common Stock	12/05/2014		S		39,025	D	\$ 104.5309 (2)	6,443,322	I	Shares owned of record by Gull Holdings (5)
Common Stock	12/08/2014		M		36,925	A	\$ 39.18	6,480,247	I	Shares owned of record by Gull Holdings (5)
Common Stock	12/08/2014		S		36,925	D	\$ 103.7837 (3)	6,443,322	I	Shares owned of record by Gull Holdings (5)
Common Stock								75,788	I	Shares owned of record by Gull Global Limited (4)

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

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following	10. Ownership Form of Derivative Security: Direct (D)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
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				(Instr. 3, 4, and 5)				Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Reported Transaction(s) (Instr. 4)	or Indirect (I) (Instr. 4)	
				Code	V	(A)	(D)							
Stock Options (right to buy)	\$ 39.18	12/04/2014		M			108,295	12/05/2005	12/05/2015	Common Stock	108,295	\$ 0	171,705	D
Stock Options (right to buy)	\$ 39.18	12/05/2014		M			39,025	12/05/2005	12/05/2015	Common Stock	39,025	\$ 0	132,680	D
Stock Options (right to buy)	\$ 39.18	12/08/2014		M			36,925	12/05/2005	12/05/2015	Common Stock	36,925	\$ 0	95,755	D

Reporting Owners

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

Signatures

James Bramble, as attorney in fact	12/08/2014
<small>Signature of Reporting Person</small>	<small>Date</small>

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) Weighted average price. Price range in multiple transactions was \$104.50 to \$105.15, inclusive
- (2) Weighted average price. Price range in multiple transactions was \$104.50 to \$104.75, inclusive
- (3) Weighted average price. Price range in multiple transactions was \$103.375 to \$104.6574, inclusive
- (4) The holder of record of the shares of Common Stock disposed is Gull Global Limited, an entity wholly indirectly owned and controlled by Dr. Myron W. Wentz and the parent of Gull Holdings, Ltd.
- (5) Held of record by Gull Holdings, Ltd., a wholly owned subsidiary of Gull Global Limited and indirectly wholly 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.

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