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

| OMB APPROVAL            |           |  |  |  |  |
|-------------------------|-----------|--|--|--|--|
| *****                   |           |  |  |  |  |
| OMB Number:             | 3235-0287 |  |  |  |  |
| stimated 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  |  |  |   |  |   | 1  | 5 D 1 .:  | 1: CD   | .: D   | ( ) . T  |  |
|--|--|--|--|---|--|---|--|---|---|--|--|--|
| Person –   | 2. Issuer Name <b>and</b> Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]  |  |  |   | (Check all applicable)   |   |  |   |   |  |  |  |
| (Middle)   | 3. Date of Earliest Transaction (Month/Day/Year) 10/01/2015  |  |  |   |  |   |  |   | elow)   |  |  |  |
|  | 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 III6   | d by More than  | One Reporting  | rerson   |  |
| (Zip)  | 7  | Table I  | - Non  | -Der  | ivative S  | Securiti  | es Acqui   | red, Disp   | osed of, or   | Beneficially   | Owned  |  |
| 2. Transaction<br>Date<br>(Month/Day/Year)   | any  | if Cod<br>(Inst  | e<br>tr. 8)  |   | (A) or E<br>(Instr. 3  | (A)   | d of (D)<br>5)   | Beneficia<br>Reported   | ally Owned<br>Transaction   | Following  | (I)  | 7. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4)  |
| 10/01/2015   |  |  |  | v   |  | D 1   | §<br>131.854   | 6,439,1   | 10  |  | I  | Shares<br>owned of<br>record<br>by Gull<br>Global<br>Limited   |
| for each class of sec  | urities beneficial   | ly owne  |  | Pers  | sons wh  | n this  | form are   | e not req   | uired to re   | spond un   | ess  | EC 1474 (9-<br>02)   |
|  |  |  |  |   |  |   |  | lly Owned   | l   |  |  |  |
| Title of 2. 3. Transaction 24. 5. Number of Exercise Price of Pric |  | umber vative urities uired or oosed O)   | r 6. Date Exercisable and Expiration Date (Month/Day/Year)  (Month/Day/Year)  7. 7  Am Unc.  |   |  | Title and 8. Price of Derivative derlying urities (Instr. 5)  |  | Derivative Own Securities Form Beneficially Deri Owned Securities Following Dire Reported or In Transaction(s) (I)  | Ownersl<br>Form of<br>Derivati<br>Security<br>Direct (I<br>or Indire  | ottive Ownership (Instr. 4) (Instr. 4)   |  |  |
|  |  | (Inst  |  |   |  |   |  |   |   |  | (======================================  |  |
|  | Zip)  2. Transaction Date (Month/Day/Year)  10/01/2015  a for each class of sectors of the control of the contr | USANA HE  (Middle) 3. Date of Earl 10/01/2015 4. If Amendme  (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Deemed Execution Date, any (Month/Day/Ye  any (Month/Day/Ye  Table II - Derivative Secure, puts, calls, ion Execution Date, if Transactic Code | USANA HEALTH  3. Date of Earliest Trail 10/01/2015  4. If Amendment, Date of Earliest Trail 10/01/2015  4. If Amendment, Date of Earliest Trail 10/01/2015  4. If Amendment, Date of Execution Date, if any (Month/Day/Year)  10/01/2015  2A. Deemed Execution Date, if any (Month/Day/Year)  3A. Deemed Execution Date, if any (Month/Day/Year)  4. Transaction of Code Deri (Instr. 8) | USANA HEALTH SCII  (Middle)  3. Date of Earliest Transaction 10/01/2015  4. If Amendment, Date Origin  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Instr. 8)  Code  10/01/2015  S  Table II - Derivative Securities Acquire (e.g., puts, calls, warrants, option any (Month/Day/Year)  3. Transaction Date, if Code (Instr. 8)  Code  Transaction Date (Instr. 8)  S  Code  Transaction Oberivative Securities Acquire (e.g., puts, calls, warrants, option any (Month/Day/Year)  (Instr. 8)  Derivative Securities Acquired Securities Acquired Securities Acquired Securities Acquired | USANA HEALTH SCIENC  3. Date of Earliest Transaction (Month/Day/Year)  4. If Amendment, Date Original Formula in the image of the image | USANA HEALTH SCIENCES INC  3. Date of Earliest Transaction (Month/Dath 10/01/2015)  4. If Amendment, Date Original Filed(Month 10 10/01/2015)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Execution Date, if any (Month/Day/Year))  2. Transaction Date (Instr. 8)  Code (Instr. 8)  Code (Instr. 8)  Persons with contained in the form distribution of Code (Log., puts, calls, warrants, options, conversion any (Month/Day/Year)  3. Transaction (A) or Equipment (Instr. 8)  Code (Instr. 8)  Persons with contained in the form distribution of Code (Log., puts, calls, warrants, options, conversion any (Month/Day/Year)  A. Deemed Execution Date, if Transaction Code (Log., puts, calls, warrants, options, conversion any (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  A. Deemed Execution Date, if Code (Instr. 8)  Code Derivative Securities Acquired (Month/Day Securities Acquired)  A. Deemed Execution Date, if Code (Instr. 8)  Code Derivative Securities Acquired (Month/Day Securities Acquired) | USANA HEALTH SCIENCES INC [USN 10/01/2015]  3. Date of Earliest Transaction (Month/Day/Year) 10/01/2015  4. If Amendment, Date Original Filed(Month/Day/Year) 2. Transaction Date (Execution Date, if any (Month/Day/Year) 2. Transaction Date (Instr. 8) (Instr. 3, 4 and (A) or Disposed (Instr. 8) (Instr. 3, 4 and (A) or Disposed (Instr. 8) (Instr. 3) (In | USANA HEALTH SCIENCES INC [USNA]  3. Date of Earliest Transaction (Month/Day/Year) 10/01/2015  4. If Amendment, Date Original Filed(Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (A) or Disposed of (D) (Instr. 3, 4 and 5)  (A) or (Instr. 3, 4 and 5)  (A) or (Instr. 3, 4 and 5)  (A) or (Instr. 4)  (A) or (Instr. 5)  (A) or (Instr. 6)  (A) or (Instr. 6)  (A) or (Instr. 7)  (A) or (Instr. 8)  (B) Persons who respond to contained in this form are the form displays a curre of the form displays a curre of any (Month/Day/Year)  (Instr. 8)  (Instr. 8) | USANA HEALTH SCIENCES INC [USNA]  3. Date of Earliest Transaction (Month/Day/Year)  10/01/2015  4. If Amendment, Date Original Filed(Month/Day/Year)  4. If Amendment, Date Original Filed(Month/Day/Year)  2. Transaction Date (Execution Date, if (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date, if (Code (Instr. 8))  2. Transaction Date, if (Month/Day/Year)  3. Transaction 4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)  (Instr. 3, 4 and 5)  (Instr. 3, 4 and 5)  (Instr. 3)  3. Transaction 4. Securities Acquired (Instr. 3)  (Instr. 8)  (Instr. 8)  10,000  (I) (2)  D | USANA HEALTH SCIENCES INC [USNA]  3. Date of Earliest Transaction (Month/Day/Year)  4. If Amendment, Date Original Filed(Month/Day/Year)  4. If Amendment, Date Original Filed(Month/Day/Year)  5. Amount of Date (Instr. 8)  10/01/2015  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  3. Transaction (A) or Disposed of (D) (Instr. 3, 4 and 5)  4. Securities Acquired (A) or Disposed of (D) (Instr. 3 and 4)  2. Transaction Date (Instr. 8)  2. Transaction (Month/Day/Year)  3. Transaction (A) or Disposed of (D) (Instr. 3 and 4)  4. Securities Acquired (A) or Disposed of (D) (Instr. 3 and 4)  4. Securities Acquired (Instr. 3 and 4)  5. Amount of Underlying Securities (Month/Day/Year)  6. Date Exercisable (Instr. 3 and 4)  7. Title and Amount of Underlying Securities Security Securities Securities (Instr. 3 and 4)  8. Price of Officer (give title below)  6. Individual or Joint/X_Ferm filed by One Repersor (A) or Disposed of (D) (Instr. 3, 4 and 5)  8. Amount of Underlying Securities (Instr. 3 and 4) | USANA HEALTH SCIENCES INC [USNA]  3. Date of Earliest Transaction (Month/Day/Year) 10/01/2015  4. If Amendment, Date Original Filed(Month/Day/Year)  (Zip)  Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially  2. Transaction Date (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  2. Transaction Date (Execution Date, if (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Tcheck all applic X_ Director Officer (give title below)  5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3, 4 and 5)  (Instr. 3, 4 and 5)  (Instr. 3, 4 and 5)  (Instr. 3 and 4)  (Instr. 3 and 4)  (Instr. 3 and 4)  Persons who respond to the collection of information contained in this form are not required to respond unithe form displays a currently valid OMB control numb  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)  3. Number (Check all applic X_ Director Officer (give title below)  5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)  (Instr. 3 and 4)  For each class of securities beneficially owned directly or  Persons who respond to the collection of information contained in this form are not required to respond unithe form displays a currently valid OMB control numb  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)  (Instr. 3 and 4)  10/01/2015  10/01 | USANA HEALTH SCIENCES INC [USNA]  (Middle) 3. Date of Earliest Transaction (Month/Day/Year) 10/01/2015  4. If Amendment, Date Original Filed(Month/Day/Year)  (Zip)  Table 1 - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned  2. Transaction Date (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  For each class of securities beneficially owned directly or  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned  Securities Acquired, Disposed of, or Beneficially Owned  Securities Acquired, Disposed of, or Beneficially Owned  Securities Acquired (Rays)  (Month/Day/Year)  In persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned  (Rays, puts, calls, warrants, options, convertible securities)  A. Director Office (alt below) Other (specifly by One Reporting Person  Form filed by One Reporting Person  Form filed by More than One Reporting Person  Form filed by More than One Reporting Person  S. Amount of Securities  S. Amount of Secur |

## Reporting Owners

| Daniel Company                 | Relationships |           |         |       |  |  |  |
|--------------------------------|---------------|-----------|---------|-------|--|--|--|
| Reporting Owner Name / Address | 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. | 10/06/2015 |
|-------------------------------------|------------|
| **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 Global Limited, an entity wholly indirectly 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 August 18, 2015.
- Weighted average price. Price range in multiple transactions was \$130.41 to \$134.37, inclusive. The reporting person undertakes to provide USANA Health Sciences, Inc., (3) any security holder thereof or the staff at the Securities and Exchange Commission information regarding the number of shares sold at each price within the ranges set

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.