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

(Middle)	12/14/2016 4. If Amendme	AL'	TH SCI Transacti	ENC on (N	ES INC	[USN		_X_ Direct	(Che			
(Zip)	12/14/2016 4. If Amendme				Ionth/Da	y/Year))					elow)
(Zip)		ent, I	Date Orig		3. Date of Earliest Transaction (Month/Day/Year) 12/14/2016							
	7		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					
	-									- Content reporting		
Transaction 2		Tabl	le I - Noi	ı-Der	ivative S	ecuriti	es Acqu	ired, Dispo	osed of, or l	Beneficially	Owned	
onth/Day/Year) ar	A. Deemed execution Date, ny Month/Day/Ye	if (3. Transa Code (Instr. 8)	ction	4. Secur (A) or Σ (Instr. 3	oisposed , 4 and (A)	d of (D)			Following	Form: Direct (D) or Indirect	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amoun		Price				· /	
/14/2016			S			D	\$ 61.4079	12,598,	220 (4)		I	Shares owned of record by Gull Global Limited (1)
each class of secur	rities beneficial	lly ov	wned dire	Per	sons wh							EC 1474 (9- 02)
												02)
									I			
of 2. 3. Transaction Date Execution Date, if Operivative Security 3. Transaction Date Execution Date, if Operivative Security 3. Transaction Date Execution Date, if Operivation any (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) 4. 5. Numbration Code (Instr. 8) Securitive Securi		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3,	r 6. Date Exercisable and Expiration Date (Month/Day/Year) Unc Sec (Ins 4)			ount of erlying virties r. 3 and Derivative Security (Instr. 5)		Derivative Own Securities Form Beneficially Deri Owned Securities Following Dire Reported or In Transaction(s) (I)	Ownersh Form of Derivati Security Direct (I or Indirect)	ottive Ownership (Instr. 4) (D) (irect		
	Code	V	(A) (D)	Exe	-		tion Titl	Amount or e Number of Shares				
	Table II - De (e. 3A. Deemed Execution Dat any any	Table II - Derivative Securities beneficial (e.g., puts, calls, any (Month/Day/Year) Table II - Derivative Securities beneficial (e.g., puts, calls, and the securities of the securities beneficial (e.g., puts, calls, and the securities of the se	Table II - Derivative Securities (e.g., puts, calls, war any (Month/Day/Year) Table II - Derivative Securitie (e.g., puts, calls, war any (e.	Table II - Derivative Securities Acquir (e.g., puts, calls, warrants, op any (Month/Day/Year) 3A. Deemed 4. 5. Number Code Derivative Securities Acquired (A) or Disposed of (D) (Instr. 8) (Instr. 8) Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	Perconthe Table II - Derivative Securities Acquired, Degree (e.g., puts, calls, warrants, options) 3A. Deemed Execution Date, if Transaction any (Month/Day/Year) (Month/Day/Year) (Instr. 8) Scurities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) Date Execution Date (Instr. 3, 4, and 5)	20,000 (1) (2) (4) Each class of securities beneficially owned directly or Persons wh contained in the form distributed in t	Code V Amount Or (D) 20,000 (1) (2) (4) Persons who rescontained in this the form displays Table II - Derivative Securities Acquired, Disposed of, or Eccurition Date, if arr) 3A. Deemed Execution Date, if Code (Instr. 8) (Month/Day/Year) (Month/Day/Year) Securities Acquired (A) or Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) Date Exercisable Expira Exercisable Date	Code V Amount (D) Price 20,000	Code V Amount or (D) Price 20,000 (1) (2) (1) (2) (2) (3) (1) (2) (3) (1) (2) (3) (1) (2) (3) (1) (2) (3) (1) (2) (3) (1) (2) (3) (1) (2) (3) (4) (4) (4) (5) (6) (6) (6) (6) (7) (6) (7) (7) (8) (1) (1) (1) (1) (1) (1) (1) (1) (1) (1	Code V Amount OD Price 20,000 S 61.4079 12,598,220 (4) Persons who respond to the collection of in contained in this form are not required to rethe form displays a currently valid OMB cortically Owned (e.g., puts, calls, warrants, options, convertible securities) 3A. Deemed (e.g., puts, calls, warrants, options, convertible securities) 3A. Deemed Execution Date, if any (Month/Day/Year) (Month/Day/Year) 3A. Deemed (e.g., puts, calls, warrants, options, convertible securities) 3A. Deemed (e.g., puts, calls, warrants, options, convertible securities) 3A. Deemed (e.g., puts, calls, warrants, options, convertible securities) 3A. Deemed (e.g., puts, calls, warrants, options, convertible securities) 3A. Deemed (e.g., puts, calls, warrants, options, convertible securities) 3A. Deemed (e.g., puts, calls, warrants, options, convertible securities) 3A. Deemed (e.g., puts, calls, warrants, options, convertible securities) 3A. Deemed (e.g., puts, calls, warrants, options, convertible securities) 4. Date Execution Date (Instr. 3 and 4) B. Price of Underlying Securities (Instr. 5) Code (Instr. 3, 4, and 5) Date Expiration Title or Number of Number of	Code V Amount (D) Price 20,000	Code V Amount (D) Price (I) (Instr. 4) 20,000 (1) (2) (4) D 61.4079 12,598,220 (4) I 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 (e.g., puts, calls, warrants, options, convertible securities) 3A. Deemed (Execution Date, if Transaction of any any (Month/Day/Year) (Instr. 8) (Instr. 8) (Instr. 3) (Instr. 4) (Instr. 4)

Reporting Owners

Barrellan Orana Nama / Addams	Relationships						
Reporting Owner Name / Address	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.	12/16/2016
**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 \$60.825 to \$62.75, 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
- (4) Sales reported have been adjusted pursuant to a two-for-one (2-1) forward stock split, which was distributed and paid on November 22, 2016.

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.