Check this box if no
longer subject to
Section 16. Form 4 or
Form 5 obligations
may continue. See
Instruction 1(b).

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

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

#### 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

(Fint of Type Response	/										
1. Name and Address of Reporting Person – FULLER GILBERT A			2. Issuer Name <b>and</b> Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]						5. Relationship of Reporting Person (Check all applic X Director		
3838 WEST PARK	(First) WAY BLVD		3. Date of Earliest Transaction (Month/Day/Year) 07/24/2017					Officer (give title below)	Other (specify be	low)	
(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		
(City)	(State)	(Zip)	Table I - Non-Derivative Securities Acquir					red, Disposed of, or Beneficially Owned			
		( 1)	1 a	ble I - Non-	Deri	vative See	curities	Acqui	ired, Disposed of, or Beneficially C	Owned	
1.Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if	3. Transact Code (Instr. 8)	ion		ies Acq sposed o	uired of	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form:	Beneficial Ownership

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

SEC 1474 (9-02) 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)													
3. Transaction	3A. Deemed	4.		5. Nu	mber	6. Date Exer	rcisable	7. Title and		8. Price of	9. Number of	10.	11. Nature
n Date	Execution Date, if	Transact	ion	of		and Expirati	ion Date	Amount of		Derivative	Derivative	Ownership	of Indirect
e (Month/Day/Year)	any	Code		Deriv	ative	(Month/Day	/Year)	Underlying		Security	Securities	Form of	Beneficial
	(Month/Day/Year)	(Instr. 8)	)	Secur	ities			Securities		(Instr. 5)	Beneficially	Derivative	Ownership
•				Acqui	ired			(Instr. 3 and	d 4)		Owned	Security:	(Instr. 4)
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				•							•		
											· · ·	· · /	
											(Instr. 4)	(Instr. 4)	
				4, and	15)		1						
									Amount				
						Date	Expiration		-				
						Exercisable	Date						
		Cala	37	$(\Lambda)$					-				
		Code	v	(A)	(D)				Snares				
								Common					
07/24/2017		Α		822		<u>(2)</u>	<u>(2)</u>		822	<u>(1)</u>	4,822	D	
								SIOCK					
s	on Date se (Month/Day/Year) e	on Date Execution Date, if (Month/Day/Year) e	on Date Execution Date, if Transact (Month/Day/Year) (Month/Day/Year) (Instr. 8)	on Date Execution Date, if Transaction Code (Month/Day/Year) (Month/Day/Year)	on Date Execution Date, if Transaction of Code Deriv (Month/Day/Year) (Month/Day/Year) (Instr. 8) Secur (Month/Day/Year) (Instr. 8) Grive (Acqui (A) on Dispon of (D) (Instr. 4, and Code V (A)	on Date (Month/Day/Year) e (Month/Day/Year) e (Month/Day/Year) e (Month/Day/Year) f (Month/Day/Year)	on Date (Month/Day/Year) Any (Month/Day/Year) any (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) Disposed of (D) (Instr. 3, 4, and 5) Date Exercisable Code V (A) (D) (Month/Day/Year) (Month/Day	on Date (Month/Day/Year) any (Month/Day/Year) any (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) Expiration Date (A) or Disposed of (D)	on Date (Month/Day/Year) Execution Date, if any (Month/Day/Year) (Month/Da	on Bate (Month/Day/Year) Amount of Underlying (Month/Day/Year) (Month/Day/	on bate (Month/Day/Year) e (Month/Day/Year) e (Month/Day/Year) e (Month/Day/Year) e (Month/Day/Year) e (Month/Day/Year) e (Month/Day/Year) e (Month/Day/Year) e (Instr. 8) e (Instr. 8) e (Instr. 8) e (Instr. 8) e (Instr. 8) e (Instr. 3, 4, and 5) e (Instr. 4) e	on se (Month/Day/Year) 'e (Instr. 3) 'e (Instr. 4) 'e (Instr. 4)	on se (Month/Day/Year) Execution Date, if any (Month/Day/Year) Transaction of Code (Instr. 8) and Expiration Date (Month/Day/Year) Amount of Underlying Securities (Instr. 3) Derivative Securities (Instr. 3) Ownership Form of Derivative Securities (Instr. 4) Ownership Form of Derivative Security (Instr. 3) Ownership Form of Derivative Security (Instr. 4)   0 Co

## **Reporting Owners**

Denerting Ormen News (Address	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
FULLER GILBERT A 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120	Х							

## **Signatures**

James Bramble, as attorney in fact	07/26/2017
***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) Each Deferred Stock Unit ("DSU") represents the issuer's obligation to transfer one share of common stock in accordance with the terms of the deferred stock unit agreement pursuant to which the DSU's were granted.
- Following termination of the undersigned's service on the issuer's Board of Directors, the issuer will distribute to the undersigned shares of common stock equal to the number of DSU's granted.

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.