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

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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

1. Name and Address of Reporting Person * Foukas Joshua			2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]						5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner				
(Last) (First) (Middle) 3838 WEST PARKWAY BLVD.			3. Date of Earliest Transaction (Month/Day/Year) 09/12/2018						X Officer (give title below) Other (specify below) Chief Legal Officer				
(Street) SALT LAKE CITY 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 PersonForm filed by More than One Reporting Person				
(State)	(Zip)		Ta	able I - No	n-De	erivative :	Securitie	es Acqui	red, Disp	osed of, or	Beneficially	Owned	
1.Title of Security 2. Transaction Date (Month/Day/Year		Execution Date, if		Code (Instr. 8)		or Disposed of (D) (Instr. 3, 4 and 5)		()	Beneficially Owned Follow Reported Transaction(s)		d Following	Form:	7. Nature of Indirect Beneficial Ownership
		(Wonds D	ray, i cai)	Code	V	Amount	(A) or (D)	Price	(mstr. 3	nisu. 3 and 4)		or Indirect	
0	9/12/2018			S		306	D \(\bigs_1 \)	29.2736	0			D	
				-	the	e form di Disposed	isplays of, or B	a curre	ntly valid	d OMB co	•		02)
Derivative Conversion Date Security or Exercise (Month/Day/Year) an		d 4. Transaction Code		5. Number of		and Expiration Date (Month/Day/Year) Art Ur Se		Amo Und Secu (Inst	ount of erlying irities	Derivative Security (Instr. 5)	Derivative Securities Beneficially Owned Following Reported	Ownersh Form of Derivativ Security: Direct (Dor Indirect)	Benefic ve Owners (Instr. 4 D)
					D	ate	Expirat	ion Till	Amount or Number				
	(First) WAY BLVI (Street) 84120 (State) 2 C (State) 3. Transaction Date	(First) (Middle) WAY BLVD. (Street) 84120 (State) (Zip) 2. Transaction Date (Month/Day/Year) 09/12/2018 separate line for each class of second any Table II - 3. Transaction Date (Month/Day/Year) any	(First) (Middle) 3. Date (09/12/2018 (State) (Zip) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 3. Transaction Date (e.g., puts 3. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. A. Deemed Execution Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Deemed Execution Date, if Transaction Date (Month/Day/Year) 3. Deemed Execution Date, if Transaction Date (Month/Day/Year) 4. Execution Date (Month/Day/Year) 4. Execution Date, if Transaction Date (Month/Day/Year) 4. Execution Date (Month/Day/Year) 4.	(First) (Middle) 3. Date of Earlie 09/12/2018 (Street) 4. If Amendmen 84120 (State) (Zip) Ta 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 2A. Deemed Execution Date, if any (Month/Day/Year) 09/12/2018 separate line for each class of securities beneficially Table II - Derivative Securities, puts, calls, was a called the companion of the companion	(First) (Middle) 3. Date of Earliest Transact 09/12/2018 (Street) 4. If Amendment, Date Ori 24. Deemed Execution Date, if (Month/Day/Year) (Month/Day/Year) 25. Numb (Instr. 8) Table II - Derivative Securities Acquire (e.g., puts, calls, warrants, of 25. Numb (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) Table II - Derivative Securities Acquire (e.g., puts, calls, warrants, of 25. Numb (Month/Day/Year) (Month/Day/Year) (Instr. 8)	USANA HEALTH SCIENCY (First) (Middle) 3. Date of Earliest Transaction (09/12/2018 (Street) 4. If Amendment, Date Original 4. If Amendment, Date Original 5. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 3. Transaction Separate line for each class of securities beneficially owned directly (e.g., puts, calls, warrants, option any (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Deemed Execution Date, if Transaction Of Date (Month/Day/Year) 3. Deemed (Month/Day/Year) 3. Deemed Execution Date, if Date (Month/Day/Year) 3. Deemed (Month/Day/Year) 4. S. Number 6. Securities Acquired (A) or Disposed of (D) (Instr. 3, deemed (Instr. 3, deemed (A) or Disposed of (D) (Instr. 3, deemed (A) or Disposed (A) (A) or Disposed (A) (A) or Disposed (A)	USANA HEALTH SCIENCES INCOMES No.	USANA HEALTH SCIENCES INC [USN (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) (9/12/2018 4. If Amendment, Date Original Filed(Month/Day/Year) 84120 (State) (Zip) Table I - Non-Derivative Securities 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Instr. 8) (Instr. 3, 4 and 5) (Month/Day/Year) (Month/Day/Year) 3. Transaction Date (a.g., puts, calls, warrants, options, convertible securities (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Transaction Date (Instr. 8) 3. Transaction Date (Instr. 8) 3. Number (Instr. 8) 3. Number (Instr. 8) 3. Number (Instr. 8) 3. Number (Instr. 8) 4. Derivative Securities Acquired, Disposed of, or B (Instr. 8) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year)	USANA HEALTH SCIENCES INC [USNA] (First) (Middle) (Street) (Street) (State) (An Deemed Execution Date, if (a.g., puts, calls, warrants, options, convertible securities) (State) (State) (An Demend Execution Date, if (a.g., puts, calls, warrants, options, convertible securities) (State) (An Or Disposed of, or Beneficial of (a.g., puts, calls, warrants, options, convertible securities) (State) (An Or Disposed of (D) (Instr. 3, 4 and 5) (An Or Disposed of, or Beneficial of (a.g., puts, calls, warrants, options, convertible securities) (An Or Disposed of (D) (Instr. 3, 4 and 5) (Instr. 8) (Instr. 8	USANA HEALTH SCIENCES INC [USNA] Circuit	USANA HEALTH SCIENCES INC [USNA] (First) (Middle) (Street) (Street) (State) (USANA HEALTH SCIENCES INC [USNA] (First) (Middle)	USANA HEALTH SCIENCES INC [USNA] (Check all applicable) (Other (specify to the privative Securities Acquired (A) or Disposed of (D) (Instr. 4) (Individual or Joint/Group Filing/Check Applica X. Form filed by More than One Reporting Person Form filed by More than One Reporting Person (Check all applicable) (Individual or Joint/Group Filing/Check Applica X. Form filed by More than One Reporting Person Form filed by One Reported Transaction(s) [Instr. 3 and 4) Form filed by One Reported Transaction one Person Form filed by One Reported Transacti

Barrellan Orana Nama / Addams	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
Foukas Joshua 3838 WEST PARKWAY BLVD. SALT LAKE CITY 84120			Chief Legal Officer				

Signatures

Joshua Foukas	09/14/2018
**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).

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.