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

OMB APPROVAL					
DMB Number:	3235-0287				
Estimated average burden					
ours per respon	se 0.5				

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

Name and Address of Reporting Person *  2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)											
(Middle)	3. Date of Earlie 10/29/2018				r) [	X Officer (give title below) Other (specify below)  CFO									
0	_X_Form filed by One Reporting Person			.,											
(Zip)	Т	able I - No	n-De	erivative	Securit	ties Acqui	red, Disp	osed of, or	Beneficially	Owned					
Date (Month/Day/Year)	Execution Date, if any	Code (Instr. 8)	ction	or Dispo	sed of (	(D)	Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)  Form Director Inc. (I)		Ownership Form:	Beneficial					
	(Month/Day/Year	Code	V	Amount	(A) or (D)	Price			or Indirect	Ownership (Instr. 4)					
10/29/2018		S		387	D	\$ 111.8495	0			D					
e for each class of see	curities beneficially	y owned di	rectly	or or											
			СО	ntained	in this	form are	not req	uired to re	espond unl	ess	EC 1474 (9- 02)				
		•		•			ly Owned	I							
ion 3A. Deemed Execution I any	d 4. Date, if Transactio Code	5. Numb of Derivati Securitic Acquire (A) or Dispose of (D) (Instr. 3.	per 6. ar vve (N	r 6. Date Exercisable and Expiration Date (Month/Day/Year)		6. Date Exercisable and Expiration Date (Month/Day/Year)  7. An Un Sec		6. Date Exercisable and Expiration Date		e 7. Ti te Amo Undo Secu (Inst	ount of erlying urities		Derivative Securities Beneficially Owned Following Reported	Ownersl Form of Derivati Security Direct (I or Indirects)	Ownershi (Instr. 4)
				ate	Expira		Amount								
	(Middle) VD (Zip)  2. Transaction Date (Month/Day/Year)  10/29/2018  e for each class of sec  Table II -  tion 3A. Deemed Execution E	(Middle)  USANA HEA  3. Date of Earli 10/29/2018  4. If Amendment  (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  10/29/2018  Table II - Derivative Secur (e.g., puts, calls, value)  tion 3A. Deemed Execution Date, if Transaction  A. Transaction  Transaction  Transaction  A. Transaction  Transaction  A. Transaction  Transaction  Transaction  A. Transaction  Transaction	USANA HEALTH SC  (Middle)  3. Date of Earliest Transac 10/29/2018  4. If Amendment, Date Or  (Month/Day/Year)  2A. Deemed Execution Date, if any (Month/Day/Year)  Code 10/29/2018  S  Table II - Derivative Securities Acquire (e.g., puts, calls, warrants, of any (Month/Day/Year)  Table II - Derivative Securities Acquire (A) or Dispose of (D) (Instr. 3)	USANA HEALTH SCIEN  (Middle) 3. Date of Earliest Transaction (10/29/2018  4. If Amendment, Date Original  2. Transaction Date (Month/Day/Year)  Code (Instr. 8)  Percontage (e.g., puts, calls, warrants, option any (Month/Day/Year)  3. Transaction Code (Instr. 8)  Percontage (e.g., puts, calls, warrants, option any (Month/Day/Year)  (Month/Day/Year)  A. Deemed (e.g., puts, calls, warrants, option any (Month/Day/Year)  (Month/Day/Year)  (Instr. 8)  Derivative (Nother Code (A)) or Disposed	USANA HEALTH SCIENCES INC  (Middle) 3. Date of Earliest Transaction (Month/D 10/29/2018  4. If Amendment, Date Original Filed(Month/D 20  Table I - Non-Derivative Execution Date, if any (Month/Day/Year)  Code V Amount 10/29/2018  Table II - Derivative Securities Acquired, Disposed (e.g., puts, calls, warrants, options, converted to any (Month/Day/Year)  Table II - Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, and Code) (Instr. 3, and Code) (Instr. 3, and Code) (Instr. 3)	USANA HEALTH SCIENCES INC [US]  (Middle)  3. Date of Earliest Transaction (Month/Day/Yea 10/29/2018  4. If Amendment, Date Original Filed(Month/Day/Yea)  2. Transaction Date (Month/Day/Year)  3. Transaction (Instr. 8) (Instr. 8)  2. Transaction (A) Or Code V Amount (D)  2. Transaction Code V Amount (D)  2. Transaction (A) Or Code V Amount (D)  2. Transaction (A) Or Code (Instr. 8)  3. Transaction (Instr. 8)  (Instr. 8)  2. Transaction (A) Or Code (Instr. 8)  3. Transaction (Instr. 8)  (Instr. 8)  2. Transaction (A) Or Code (Instr. 8)  3. Transaction (Instr. 8)  (Instr. 8)  4. S. Number Of Derivative Securities Acquired (A) Or Disposed Of (D) (Instr. 3)  (Month/Day/Year)  (Month/Day/Year)  (Instr. 3)	USANA HEALTH SCIENCES INC [USNA]  3. Date of Earliest Transaction (Month/Day/Year) 10/29/2018  4. If Amendment, Date Original Filed(Month/Day/Year)  2A. Deemed Execution Date, if (Month/Day/Year)  (Month/Day/Year)  2A. Deemed Execution Date, if (Instr. 8)  (Instr. 8)  (Instr. 3, 4 and 5)  (A) Or Or Disposed of (D) (Instr. 3, 4 and 5)  (A) Or Disposed of (D) (Instr. 3, 4 and 5)  (A) Or Disposed of (D) (Instr. 3, 4 and 5)  (A) Or Disposed of (D) (Instr. 3, 4 and 5)  (Instr. 8)  (Instr. 8)	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. Transaction Date Execution Date, if (Month/Day/Year)  Code Or Disposed of (D) (Instr. 3, 4 and 5)  Code Or Disposed of (D) (Instr. 3)  Persons who respond to the collectortained in this form are not required for displays a currently valid for the form display for the form display for the form display form displays a currently valid for the form displays a currently valid for the form display for	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)  Table I - Non-Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3)  Amount (D) Price  Persons who respond to the collection of ir contained in this form are not required to rethe form displays a currently valid OMB collection  Table II - Derivative Securities Acquired, Disposed of, or One point (Instr. 3)  Table II - Derivative Securities Acquired (A) or Disposed of, or One point (Instr. 3)  Persons who respond to the collection of ir contained in this form are not required to rethe form displays a currently valid OMB collection of the contained in this form are not required to rethe form displays a currently valid OMB collection of the collection of ir contained in this form are not required to rethe form displays a currently valid OMB collection of the collection of ir contained in this form are not required to rethe form displays a currently valid OMB collection of ir contained in this form are not required to rethe form displays a currently valid OMB collection of ir contained in this form are not required to rethe form displays a currently valid OMB collection of ir contained in this form are not required to rethe form displays a currently valid OMB collection of ir contained in this form are not required to rethe form displays a currently valid OMB collection of ir contained in this form are not required to rethe form displays a currently valid OMB collection of ir contained in this form are not required to rethe form displays a currently valid OMB collection of ir contained in this form are not required to rethe form displays a currently valid OMB collection of ir contained in this form are not required to rethe form displays a currently valid OMB collection of ir contained in this form are not required to rethe form displays a currently valid OMB collection of ir contained in this form are not required	USANA HEALTH SCIENCES INC [USNA]    USANA HEALTH SCIENCES INC [USNA]	USANA HEALTH SCIENCES INC [USNA]   Director   10/29/2018   3. Date of Earliest Transaction (Month/Day/Year)   10/29/2018   4. If Amendment, Date Original Filed(Month/Day/Year)   4. If Amendment, Date Original Filed(Month/Day/Year)   4. If Amendment, Date Original Filed(Month/Day/Year)   5. Individual or Joint/Group Filing(Cheek Applica X, Form filed by One Reporting Person Form filed by More than One Reporting Person Form filed by One Reporting				

Paradia Oma Nama / Addama	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
IIEKKING G DOUG 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120			CFO				

# **Signatures**

Josh Foukas, as attorney in fact.	10/31/2018
**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.