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 * FULLER GILBERT A			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 Earliest Transaction (Month/Day/Ye 11/05/2018				ay/Year	r)	Officer (give title below) Other (specify below)					
(Street) SALT LAKE CITY, UT 84120			4. If Amendment, Date Original Filed(Month/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line) Form filed by One Reporting Person Form filed by More than One Reporting Person					
(Zip)		Та	able I - No	n-De	erivative S	Securit	ties Acquir	red, Disp	osed of, or	Beneficially	Owned		
(Instr. 3) Date (Month/Day/Year) a		Execution Date, if		ction	on 4. Securities Acquired (A or Disposed of (D) (Instr. 3, 4 and 5)			Beneficially Owned Following Reported Transaction(s)			6. Ownership Form:	Beneficial	
				v	Amount	(A) or (D)	Price	(Instr. 3	(instr. 3 and 4)		or Indirect (I)	Ownership (Instr. 4)	
11/05/2018			S		282	11) 1	\$ 113.5376	0			D		
e for each class of se	curities benef	icially	owned di	rectly	or or	Г							
				СО	ntained	in this	form are	not req	uired to re	espond unl	ess	EC 1474 (9- 02)	
			-		•			ly Owned	I				
Title of erivative ecurity or Exercise (Month/Day/Year) 3. Transaction Date Execution Date, if Omega Date Execution Date Exec		5. Number of Derivative		per 6. ar (Nes d	6. Date Exercisable and Expiration Date (Month/Day/Year) 7. Care Control of the C		e 7. Ti te Amo Undo Secu (Inst	ount of derlying urities str. 3 and Derivati		e Derivative Securities Beneficially Owned Following Reported	Ownersh Form of Derivati Security Direct (I or Indirect)	(Instr. 4)	
				D	ate	Expira	ation	Amount or Number					
	(Middle) VD (Zip) 2. Transaction Date (Month/Day/Year) 11/05/2018 e for each class of secution Table II - tion 3A. Deemed Execution I ty/Year)	USANA (Middle) (Middle) 3. Date of 11/05/20 4. If Amer of 20 (Zip) 2. Transaction Date (Execution Date (Month/Day/Year)) 11/05/2018 Table II - Derivative Search, puts, contains any (Month Date (a.g., puts, contains any 2) Execution Date, if Transaction any (Code (a.g., puts, contains any 2) Transaction Date, if Transaction Date, if Transaction any (Code (a.g., puts, contains any 2) (Month/Day/Year)	USANA HEA 3. Date of Earlie 11/05/2018 4. If Amendmen (O (Zip) Ta 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 11/05/2018 Table II - Derivative Securities, puts, calls, was the company of the com	USANA HEALTH SC	USANA HEALTH SCIENCY (Middle) 3. Date of Earliest Transaction (11/05/2018 4. If Amendment, Date Original 2. 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Daniel Communication (Additional	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
FULLER GILBERT A 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120	X						

Signatures

Joshua Foukas, as attorney in fact	11/07/2018
**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.

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