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

OMB APPROV	VAL
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longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

(Print or Type Responses)

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

	Reporting Person -		2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]					. 1	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
ARKWAY	(First) BLVD.		3. Date of Earliest Transaction (Month/Day/Year) 04/29/2019						Officer (gi	ve title below)	Oth	er (specify below	7)	
				If Amendment, Date Original Filed(Month/Day/Year)					_X_	6. Individual or Joint/Group Filing(Check Applicable Line)				
KE CITY,		(Zin)												
	` ′													
1.Title of Security (Instr. 3)		Date	Execution Date, i		if Code (Instr. 8)		(A) or Disposed		Owned Follo Transaction(owing Reported (s)		Ownership of Form:	V. Nature of Indirect Beneficial Ownership
			(Wolld) Da	iy/ i cai		de	V Amo		`	str. 3 and 4)			or Indirect (I	instr. 4)
2.	3. Transaction	Table II -	Derivative	Securi	ties Acc	quired s, option	Persons vontained orm dispose ons, conv	d in this for blays a current of of, or Ber ertible securcisable	rm are not rently valid reficially Overities) 7. Title and	required d OMB co wned	to respondentrol num	d unless th ber. 9. Number o	e f 10.	11. Nature
Conversion or Exercise Price of Derivative Security		r) any	Code	D S A (A D or (I	ecurities cquired A) or isposed f (D) nstr. 3,	e (M	(Month/Day/Year) Securi (Instr.		Securities	Securities Securities Instr. 3 and 4)		Securities Beneficially Owned Following Reported	Form of Derivative Security: Direct (D) or Indirect	Beneficial Ownership (Instr. 4)
			Code	v	(A) (Ex		Expiration Date	Title	Amount or Number of Shares				
			A		,317		<u>(2)</u>	(2)	Common	1,317	\$ 0	1,317	D	
	ARKWAY KE CITY, curity Leport on a seption of Exercise of Derivative Security	ARKWAY BLVD. (Street) KE CITY, UT 84120 (State) (curity) Leport on a separate line for each or Exercise Price of Derivative Security Security Security (First) (Street) (Street) (State) (State) (Month/Day/Yea	(First) (Middle) ARKWAY BLVD. (Street) KE CITY, UT 84120 (State) (Zip) Curity 2. Transaction Date (Month/Day/Year) Table II - 2. Conversion or Exercise Price of Derivative Security 3. Transaction Date (Month/Day/Year) (Month/Day/Year) 3A. Deemed Execution Date, any (Month/Day/Year)	Report on a separate line for each class of securities beneficially Table II - Derivative (e.g., puts, price of Derivative Security 2. Transaction Date (Month/Day/Year) Table II - Derivative (e.g., puts, price of Derivative Security A. If Amend (Middle) 4. If Amend (Zip) 2. Transaction Date (Month/Day/Year) Table II - Derivative (e.g., puts, puts, price of Derivative (e.g., puts,	Report on a separate line for each class of securities beneficially owned the privative Security Code V Code V Code V	RECITY, UT 84120 (State) (State) (State) (State) (Zip) (State) (Zip) (State) (Zip) (Month/Day/Year) (Month/Day/Year) (An Deemed Execution Date, if any (Month/Day/Year) (Code (Instr. 8) (Acquired (A) or Disposed of (D) (Instr. 3, and 5) (Code V (A) (USANA HEALTH SCIEN (First) (Middle) (Street) (Street) (State) (State) (State) (Zip) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (A. Deemed Execution Date, if famy (Month/Day/Year) (Month/Day/Year) (Code (Instr. 8) (Report on a separate line for each class of securities beneficially owned directly or in the context of the context	USANA HEALTH SCIENCES IN ARKWAY BLVD. 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(Street) (State) (State) (Zip) Table 1 - Non-Derivative Securities Acquired (A) or Disposed of (D) Date (Instr. 3, 4 and 5) Leport on a separate line for each class of securities beneficially owned directly or indirectly. Table II - Derivative Securities Acquired (Lonversion or Exercise (Month/Day/Year) Table II - Derivative Securities Acquired (Lonversion or Exercise) (Month/Day/Year) ARKWAY BLVD. 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reporting Owners

	Relationships					
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
Pelosi Peggie 3838 W PARKWAY BLVD. SALT LAKE CITY, UT 84120	X					

Signatures

Joshua Foukas, as attorney in fact.	05/01/2019
**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.
- (1) Each restricted stock unit represents a contingent right to receive one share of USNA common stock

(2) Restricted Stock Units vest 25% on the last day of the calendar quarter for the next four quarters beginning on June 30, 2019.

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.