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

OMB APPROVAL						
OMB Number:	3235-0287					
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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).

(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

Address of F	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)						
ST PARKV	(First) VAY BLVD	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 04/29/2019				_	Officer (gi	ve title below)	Otl	er (specify below	7)			
KF CITY	(Street)		4. If Amendment, Date Original Filed(Month/Day/Year					ear)	_X_	6. Individual or Joint/Group Filing(Check Applicable Line) X_Form filed by One Reporting Person Form filed by More than One Reporting Person					
ike cir i,	(State)	(Zip)			Table	e I - N	Non-Deriv	ative Sec	curiti	es Acquired	l, Disposed	l of, or Ben	eficially Ow	ned	
curity		2. Transaction Date (Month/Day/Year)	Execution any	Date,	(Ins	de str. 8)	(A (In	a) or Dispostr. 3, 4:	oosed and 5	of (D) Ow Tra (Ins	ned Follow nsaction(s)	ving Reporte	ed	Ownership of Form: Direct (D) or Indirect (I)	. Nature f Indirect deneficial dwnership (Instr. 4)
eport on a sep	parate line for each	Table II -	Derivative	Secur	ities A	cqui	Persons contain form dis	s who re ed in thi splays a	is for a curr or Ben	rm are not rently valid reficially Ov	required d OMB co	to respon	d unless th		174 (9-02)
Perivative Conversion Date Execution Date, if Transaction of a		and Expiration Date (Month/Day/Year) of Und Securit			of Underlyi Securities	ing		Derivative Securities Beneficially Owned Following Reported	Ownershi Form of Derivative Security: Direct (D) or Indirect	Beneficial Ownership (Instr. 4)					
			Code	v	(A)	(D)	Date Exercisab		ation	Title	Amount or Number of Shares				
(1)	04/29/2019		A		,317		(2)	C	<u>2)</u>	Common Stock	1,317	\$ 0	1,317	D	
5	EXECUTY, Curity Exercise Price of Derivative	(First) ST PARKWAY BLVD (Street) KE CITY, UT 84121 (State) curity eport on a separate line for eac 2. Conversion or Exercise Price of Derivative Security 3. Transaction Date (Month/Day/Yea	(First) (Middle) ST PARKWAY BLVD (Street) KE CITY, UT 84121 (State) (Zip) 2. Transaction Date (Month/Day/Year) eport on a separate line for each class of securities Table II - 2. Conversion or Exercise (Month/Day/Year) Price of Derivative Security 3. Transaction Date (Month/Day/Year) (Month/Day/Year)	(First) (Middle) 3. Date of E 04/29/20 (Street) 4. If Amend KE CITY, UT 84121 (State) (Zip) Curity 2. Transaction Date (Month/Day/Year) 2. Table H - Derivative (e.g., puts, or Exercise Price of Derivative Security (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) (Month/Day/Year) 4. Transaction Date (Month/Day/Year) (Month/Day/Year) 4. Transaction Date (Instr. 8) (Code Code Code (Instr. 8)	USANA HEA 3. Date of Earliest 04/29/2019 (Street) 4. If Amendment, KE CITY, UT 84121 (State) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 2. Table II - Derivative Secur (e.g., puts, calls, value) 2. Transaction Date (any) (Month/Day/Year) 2. Table II - Derivative Secur (e.g., puts, calls, value) (Month/Day/Year) 3. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 8) Code V	USANA HEALTH (First) (Street) (Street) (Street) (State) (A) (Code) (Instr. 8) (Instr. 8) (Code) (Instr. 1) (A) (Code) (Instr. 3) (Code) (Instr. 3) (Code) (Instr. 4) (A) (Code) (Instr. 3) (Code) (Instr. 3) (Code) (Instr. 3) (Code) (Instr. 4) (Code) (Instr. 3) (Code) (Instr. 4) (Instr. 4) (Instr. 5) (Instr. 6) (Instr. 6) (Instr. 6) (Instr. 7) (Instr. 7) (Instr. 7) (Instr. 7) (Instr. 7) (Instr. 8) (Instr.	USANA HEALTH SCI (First) (Middle) 3. Date of Earliest Transactio 04/29/2019 (Street) 4. If Amendment, Date Origin (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 3. Transaction Date (Instr. 8) Table II - Derivative Securities Acquired (e.g., puts, calls, warrants, or of Derivative Security (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 4. If Amendment, Date Origin 3. Transaction Date (e.g., puts, calls, warrants, or of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 8) Code (Instr. 8)	USANA HEALTH SCIENCES (First) (Middle) 3. Date of Earliest Transaction (Month/D4/29/2019 4. If Amendment, Date Original Filed(Month/Day/Year) (State) (Zip) Table I - Non-Derive Execution Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) 2. Table II - Derivative Securities Acquired, Disposed of (D) Code (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) 3. Transaction Code (Linstr. 8) Table II - Derivative Securities Acquired, Disposed of (D) Code (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Code (Month/Day/Year) (Month/Day/Year)	USANA HEALTH SCIENCES INC [U 3. Date of Earliest Transaction (Month/Day/Year) (Street) 4. If Amendment, Date Original Filed(Month/Day/Year) (State) 4. If Amendment, Date Original Filed(Month/Day/Year) (State) 7. Table I - Non-Derivative Securities Execution Date (Execution Date, if any (Month/Day/Year)) (Month/Day/Year) 2. Transaction Date (Instr. 8) (Instr. 8) (Instr. 8) (Instr. 8) (Instr. 8) (Instr. 3, 4) Amount 2. Table II - Derivative Securities Acquired, Disposed of, or (e.g., puts, calls, warrants, options, convertible and Execution Date, if any (Month/Day/Year) 2. Table II - Derivative Securities Acquired, Disposed of, or (e.g., puts, calls, warrants, options, convertible (Instr. 8) 3. Transaction Conversion Date (Month/Day/Year) 2. Table II - Derivative Securities Acquired, Disposed of, or (e.g., puts, calls, warrants, options, convertible (Instr. 8) 4. Scurities Acquired, Disposed of, or (e.g., puts, calls, warrants, options, convertible (Instr. 8) 2. Number (Instr. 8) 3. Transaction Date (Instr. 8) Code V (A) (D) Date Exercisable Date (Instr. 3, 4, and 5)	USANA HEALTH SCIENCES INC [USNA 3. Date of Earliest Transaction (Month/Day/Year) 04/29/2019 (Street) KE CITY, UT 84121 (State) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (A) Occide (Instr. 8) (A) Or Disposed of, or Bened Executives Acquired, Disposed of, or Beneficially or Derivative Securities Acquired, Disposed of (D) (Instr. 3, 4, and 5) (Month/Day/Year) 2. Table II - Derivative Securities Acquired, Disposed of, or Beneficially or Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) (Month/Day/Year) 2. Table II - Derivative Securities Acquired, Disposed of, or Beneficially or Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) Date Exercisable and Expiration Date (Month/Day/Year) Code V (A) (D) Date Exercisable Expiration Date Exercisable Date Exercisable Date	USANA HEALTH SCIENCES INC [USNA] ST PARKWAY BLVD (Street) (Street) (State) (A) or Disposed of (D) (Instr. 3, 4 and 5) (I	USANA HEALTH SCIENCES INC [USNA] (First) (Middle) 3, Date of Earliest Transaction (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Street) 4. If Amendment, Date Original Filed(Month/Day/Year) (State) (Zip) Table 1 - Non-Derivative Securities Acquired, Disposed of (Month/Day/Year) (Month/Day	USANA HEALTH SCIENCES INC [USNA] (First) (Middle) (Street) (Street) (Street) 4. If Amendment, Date Original Filed, Month/Day/Year) (Street) (Street) 4. If Amendment, Date Original Filed, Month/Day/Year) (Street) 5. Transaction Date (Month/Day/Year) (Mo	USANA HEALTH SCIENCES INC [USNA] (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) (Street) 4. If Amendment, Date Original Filed(Month/Day/Year) (State) (Zip) 5. Transaction Date (Month/Day/Year) 4. If Amendment, Date Original Filed(Month/Day/Year) (State) (Zip) 6. Individual or Joint/Group FilingClee, X, Form filed by More than One Reporting Person — Form filed by One Reporting Person on Person State — Form filed by One Reporting Person United State — Form filed by One Reporting Person United State — Form filed by One Reporting Person United State — Form filed by One Reporting Person United State — Form filed by One Reporting Person United State — Form filed by One Reporting Person United State — Form filed by One Reporting Person United State — Form filed by One form filed by One Reporting Person United State — Form filed by One form filed by One for form filed by One form filed by One	USANA HEALTH SCIENCES INC [USNA] X_Director Officer (give title below) (Check all applicable) (Check all applicable) (Other (give title below) (Other (give title below) (Check all applicable) (Other (give title below) (Instr. 4) (Inst

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
Peng Feng 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84121	X						

Signatures

Joshua Foukas, as attorney in fact.	05/06/2019
**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.