FORM 4

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

OMB APPROVAL
OMB Number: 3235-0287
Estimated average burden
hours per response... 0.5

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												
• •								5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner					
(Last) (First) (Middle) 3. Date of Earli 3838 WEST PARKWAY BLVD. 02/22/2021				st Transaction (Month/Day/Year)					X Officer (give title below) Other (specify below) Chief Communications Officer				
(Street) 4. If Amendment, Date				e Original Filed(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person					
0.0								Form file	ed by More than	One Reporting I	erson		
(Zip)	Т	able I	- Non	-Deriv	ative S	ecurities	Acqui	ired, Dispo	osed of, or l	Beneficially (Owned		
2. Transaction Date (Month/Day/Year)	· · · · · · · · · · · · · · · · · · ·	if Cod (Ins	f Code (Instr. 8)					Beneficial Reported	lly Owned Following		Ownership of Form:	7. Nature of Indirect Beneficial	
			ode	V	Amount	(A) or (D)	Price	(Instr. 3 a	nd 4)		or Indirect (I)	Ownership (Instr. 4)	
02/22/2021						D	\$	0			, ,		
			quire	contai the fo	ined in rm dis posed o	this for plays a o	m are curre eficial	not requesting ntly valid	ired to res	spond unle	ss	1474 (9-02)	
								itle and	& Drice of	0 Number o	£ 10	11. Natur	
Derivative Conversion Date Execution Date, if One Security or Exercise (Month/Day/Year)		Number an		and Ex	and Expiration Date (Month/Day/Year)		Amo Undo Secu	ount of erlying irities	Derivative Security (Instr. 5)	Derivative Securities Beneficially Owned Following Reported	Owners Form of Derivati Security Direct (or Indirects)	nip of Indirect Beneficia Ownershi (Instr. 4)	
								Amount					
,	(Middle) VD. (Zip) 2. Transaction Date (Month/Day/Year) 02/22/2021 for each class of security Table II - on 3A. Deemed Execution Data any	USANA HEA 3. Date of Earlies 02/22/2021 4. If Amendment 20 (Zip) 2. Transaction Date (Month/Day/Year) 2A. Deemed Execution Date, any (Month/Day/Year) 02/22/2021 Table II - Derivative Securities beneficially of the company o	USANA HEALTH 3. Date of Earliest Trans 02/22/2021 4. If Amendment, Date 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 4. If Amendment, Date Execution Date, if any (Month/Day/Year) C 02/22/2021 Table II - Derivative Securities Ac(e.g., puts, calls, warran) Table II - Derivative Securities Ac(e.g., puts, calls, warran) On 3A. Deemed Execution Date, if any (Month/Day/Year) (Month/Day/Year) (Instr. 8) Derivative Securities Ac(e.g., puts, calls, warran) (Month/Day/Year) (Instr. 8) Derivative Securities Ac(a) (A) o Dispont Code (Instr. 8)	USANA HEALTH SCI 3. Date of Earliest Transaction 02/22/2021 4. If Amendment, Date Origin 20 (Zip) Table I - Non 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) Code 1. Table II - Derivative Securities Acquires (e.g., puts, calls, warrants, opton any (Month/Day/Year) 3. Transaction Code (Instr. 8) Code Table II - Derivative Securities Acquires (e.g., puts, calls, warrants, opton Code (Month/Day/Year) (Instr. 8) Derivative Securities Acquired (A) or Disposed of (D)	USANA HEALTH SCIENCE (Middle) 3. Date of Earliest Transaction (More of O2/22/2021 4. If Amendment, Date Original File (20 (Zip) Table I - Non-Deriv 2. Transaction Date (Month/Day/Year) 2. Transaction Execution Date, if any (Month/Day/Year) (Month/Day/Year) (Code V) (O2/22/2021 S Code V Code V	USANA HEALTH SCIENCES INC Output	USANA HEALTH SCIENCES INC [USN 3. Date of Earliest Transaction (Month/Day/Year) 02/22/2021 4. If Amendment, Date Original Filed(Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (A) or Disposed of (Instr. 8) Code V Amount (A) or (D) Persons who respondentially owned directly or indirectly. Persons who respondentially owned directly or indirectly.	USANA HEALTH SCIENCES INC [USNA] 3. Date of Earliest Transaction (Month/Day/Year) 02/22/2021 4. If Amendment, Date Original Filed(Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Execution Date, if any (Month/Day/Year) 3. Transaction (Code (Instr. 8) Code (Instr. 8) Code V Amount (D) Price Persons who respond to contained in this form are the form displays a currer the form displays a currer Table II - Derivative Securities Acquired, Disposed of, or Beneficial (e.g., puts, calls, warrants, options, convertible securities) Transaction (Month/Day/Year) 3. Transaction (A) or Disposed of, Or Beneficial (A) or Disposed of (D) Persons who respond to contained in this form are the form displays a currer Table II - Derivative Securities Acquired, Disposed of, or Beneficial (Month/Day/Year) (Month/Day/Year) Amount (Month/Day/Year) Persons who respond to contained in this form are the form displays a currer Table II - Derivative Securities Acquired, Disposed of, or Beneficial (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 8) Derivative Securities Acquired (A) or Disposed of (D)	USANA HEALTH SCIENCES INC [USNA] 3. Date of Earliest Transaction (Month/Day/Year) 4. If Amendment, Date Original Filed(Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (A) or Disposed of (D) (Instr. 3, 4 and 5) Code V Amount (A) or (D) Price Reported (Instr. 3 a Persons who respond to the collect contained in this form are not requested form displays a currently valid Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 3. Title and Amount of Underlying Securities Acquired (A) or Disposed of (D) Title and Amount of Underlying Securities (Instr. 3 and 4)	USANA HEALTH SCIENCES INC [USNA] USANA HEALTH SCIENCES INC [USNA] Director X Officer (give title bel Chief Cole Chief Cole	USANA HEALTH SCIENCES INC [USNA] USANA HEALTH SCIENCES INC [USNA]	USANA HEALTH SCIENCES INC [USNA] (Middle) (Middle) (A) Date of Earliest Transaction (Month/Day/Year) (Zip) (A) Or Disposed of (D) (Instr. 3, 4 and 5) (Instr. 3 and 4) (Instr. 4) (Instr. 4) (Instr. 4) (Instr. 3) (Instr. 3) (Instr. 3) (Instr. 3) (Instr. 3) (Instr. 3) (Instr. 4) (Instr. 3) (Instr. 4) (Instr. 4)	

	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
Macuga Daniel A. 3838 WEST PARKWAY BLVD. SALT LAKE CITY, UT 84120			Chief Communications Officer					

Signatures

Josh Foukas, as attorney in fact.	02/24/2021
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.