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

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

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

sponses)															
1. Name and Address of Reporting Person* Foukas Joshua				2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner				
(Last) (First) (Middle) 3838 WEST PARKWAY BLVD.				3. Date of Earliest Transaction (Month/Day/Year) 08/05/2021						X Officer (give title below) Other (specify below) Chief Legal Officer					
(Street)				4. If Amendment, Date Original Filed(Month/Day/Year)						6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person					
CHY	(State)	(Zip)		,	Γahle	1 - No	n-De	rivative 9	Securiti	ies Acar	uired Disn	osed of or	Reneficially (Owned	
(Instr. 3) Date		Date	2A. Deemed Execution Date, if any		f Co	3. Transaction Code (Instr. 8)		ion 4. Securities Acquired			5. Amount of Securities Beneficially Owned Following Reported Transaction(s)			6. Ownership Form:	Beneficial
			(Mon	(Month/Day/Year)		Code	v	Amount	(A) or (D)	Price	(Instr. 3 a	ind 4)		Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)
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		Table II -					the ed, D	form dis	splays of, or B	a curre	ently valid	OMB con			
Conversion Date		ay/Year) 3A. Deemed Execution Da	4. Transaction Code Year) (Instr. 8)		5. Num of Der Sec Acc (A) Dis of (Ins	5. Number of		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. An Un Sec	Γitle and nount of derlying curities		Derivative Securities Beneficially Owned Following Reported	Owners Form o Derivat Securit Direct (or India	Ownershi (Instr. 4)
											Amount				
di a	ress of Fa	(First) (PARKWAY BLV) (Street) CITY 84120 (State) k t on a separate line for Date (Month/Day/Youth)	PARKWAY BLVD. (Street) CITY 84120 (State) (Zip) 2. Transaction Date (Month/Day/Year) k 08/05/2021 t on a separate line for each class of security of attive 3. Transaction Date (Month/Day/Year) (Month/Day/Year) 3. Transaction Date (Execution Date (Month/Day/Year))	ress of Reporting Person* Question (First) (Middle) 3. D Question (Street) 4. If CITY 84120 (State) (Zip) Question (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 3. Transaction Date (e.g., 1) Table II - Deriv (e.g., 1) A. Deemed Execution Date, if any (Month/Day/Year) (Month/Day/Year) 3. Transaction Date, if any (Month/Day/Year)	Table II - Derivative Securities beneficially of any (Month/Day/Year) Table II - Derivative Securities beneficially of any (Month/Day/Year) 3. Transaction Date (e.g., puts, calls, votative of any (Month/Day/Year) 3. 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If Amendment, Date Original Filed(Month/Day/Year) (State) 7. Table I - Non-Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (Instr. 3) 8. Deemed Execution Date, if Code (Instr. 8) 1. Transaction (Month/Day/Year) 8. Deemed Execution Date, if Code (Instr. 8) 1. Transaction (Instr. 3) 1. Transaction (Instr. 3) 2. Transaction Date (Instr. 8) 3. Transaction (A) or Disposed of (D) (Instr. 3) 4. Securities Acquired (A) or Disposed of, or Beneficial (e.g., puts, calls, warrants, options, convertible securities acquired (A) or Disposed of (D) (Instr. 8) 3. Transaction Date (Instr. 8) 4. Securities Acquired (Instr. 8) 6. Date Exercisable and Expiration Date (Instr. 8) 6. Date Exercisable (Instr. 8) 6. Date Exercisable (Instr. 8) 8. Derivative Securities (Instr. 8) 8. Derivative Securities (Instr. 8) 8. Derivative Securities (Instr. 8) 9. Derivative Securities (Instr. 8) 1. Transaction Date (Instr. 8) 2. Transaction Date (Instr. 8) 3. Transaction Date (Instr. 8) 4. 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Relationship of Reg (Check (Ch	2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA] (First) (Middle) (Street) (State) (State) (State) (Zip) (Annumbi/Day/Year) (Month/Day/Year) (Month	2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA] (First) (Middle) (Moddle) (Moddle) (Moddle) (Street) (Street

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
Foukas Joshua 3838 WEST PARKWAY BLVD. SALT LAKE CITY 84120			Chief Legal Officer				

Signatures

Joshua Foukas	08/09/2021
**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)
- (1) Weighted average price \$97.07. Price range in multiple transactions was \$97.05 to \$97.09 inclusively.

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.