FORM 4

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

OMB APPROVAL
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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

(Print or Type	(Responses															
1. Name and Address of Reporting Person * Brown Jim			2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]						A]	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) 02/03/2022							X Officer (give title below) Other (specify below) President						
(Street) SALT LAKE CITY, UT 84120				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					
(City)					Table I - Non-Derivative Securities Acqu						es Acquir	lired, Disposed of, or Beneficially Owned				
,		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)		if (3. Transa Code (Instr. 8)		(A) or I	Securities Acquired A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or		Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)			6. Ownership Form: Direct (D) or Indirect (I)	Beneficial Ownership	
							Code		Amoun	it (D)	Price				Instr. 4)	
Common S	Stock		02/03/2022			_	M		3,676	A	<u>(1)</u> 3	3,676			D	
Common S	Stock		02/03/2022				F		1,631	D	\$ 93.82	2,045		D		
Common S	Stock		02/04/2022				M		1,938	A	<u>(1)</u> 3	3,983		D		
Common S	Stock		02/04/2022				F		860	D	\$ 92.32 3	3,123			D	
Common Stock 02/05/2022			02/05/2022				M		2,355	A	<u>(1)</u> 5	5,478			D	
Common Stock 02/0		02/05/2022				F		1,045	D	\$ 92.32	1,433			D		
		parate line for eac	ch class of securities	s beneficiall	y own	ned d		or indirec	•			aallaatian	of inform	otion.	SEC	1474 (0.02)
		parate line for eac	th class of securities	s beneficially Derivative			lirectly o	Perso conta	ons who ined in display	n this for	nd to the rm are no rently va	ot required lid OMB co	of inform to respon	d unless th		1474 (9-02)
Reminder: Re 1. Title of Derivative Security (Instr. 3)		3. Transaction	Table II - 3A. Deemed Execution Date	Derivative (e.g., puts, 4. , if Transac Code	Securicalls, etion	ritie: war 5. N of Deri Secu Acqu (A) o Disp of (I	s Acquintrants, or umber livative urities uired oor oosed D) tr. 3, 4,	Persoconta form of red, Dis ptions, of 6. Date and Exp	ons who ined in display posed of convert	n this for ys a curr of, or Ben tible secu sable Date	nd to the rm are no rently va reficially (rities)	ot required lid OMB co Owned and Amount lying	to respond control num	d unless th	f 10. Owners Form of Derivat Security Direct (or Indir	11. Natu of Indire Benefici Ownersl (Instr. 4)
Reminder: Re 1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative	3. Transaction Date	Table II - 3A. Deemed Execution Date an)	Derivative (e.g., puts, 4. , if Transac Code	Security Section (8)	ritie: war 5. N of Deri Secu Acq (A) (Disp of (I (Inst	s Acquintrants, of umber livative urities uired or loosed D) tr. 3, 4, 5)	Persoconta form of red, Dis ptions, of 6. Date and Exp	ons whined in display posed of convert Exercis piration /Day/Yo	n this for ys a curri of, or Ben tible secu sable Date (ear)	nd to the rm are no rently va neficially (rities) 7. Title an of Underl Securities	ot required lid OMB co Owned and Amount lying	8. Price of Derivative Security	9. Number of Derivative Securities Beneficially Owned Following Reported Transactions	f 10. Owners Form of Derivat Security Direct (or Indir	11. Natu of Indire Benefici Ownersl (Instr. 4)
Reminder: Re 1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative	3. Transaction Date	Table II - 3A. Deemed Execution Date any (Month/Day/Ye	Derivative (e.g., puts, 4. Transac Code ear) (Instr. 8	Security Section (8)	ritie: war 5. N of Deri Secu Acqq (A) o Disp of (I (Inst and	s Acquirerants, or umber avative arities uired or coosed D) tr. 3, 4, 5)	Persocontal form of the contant of t	posed of convert Exercis piration /Day/Yo	n this for ys a curri of, or Ben tible secu sable Date (ear)	nd to the rm are nd rently va deficially (rities) 7. Title an of Underl Securities (Instr. 3 a	Amount or Number of Shares	8. Price of Derivative Security	9. Number of Derivative Securities Beneficially Owned Following Reported Transactions	f 10. Owners Form of Derivat Security Direct (or Indir	11. Natu of Indire Benefici Ownersl (Instr. 4)
Reminder: Re 1. Title of Derivative Security (Instr. 3) Restricted Stock	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Ye	Table II - 3A. Deemed Execution Date any (Month/Day/Ye	Derivative (e.g., puts, 4., if Transac Code ear) (Instr. 8	Security Section (8)	ritie: war 5. N of Deri Secu Acqq (A) o Disp of (I (Inst and	s Acquirerants, or umber livative arities uired or loosed D) tr. 3, 4, 5)	Persoconta form of conta form of conta form of 6. Date (Month.)	posed of convert Exercise piration // Day/Yo	of, or Bentible secures able Date ear)	nd to the rm are no rently value (rities) 7. Title au of Underl Securities (Instr. 3 a	Amount or Number of Shares	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	f 10. Owners Form of Derivat Security Direct (or Indir s) (I) (Instr. 4	11. Natu of Indire Benefici Ownersl (Instr. 4)

Reporting Owners

	Relationships
Reporting Owner Name / Address	

	Director	10% Owner	Officer	Other
Brown Jim				
3838 WEST PARKWAY BLVD.			President	
SALT LAKE CITY, UT 84120				

Signatures

Joshua Foukas, as attorney in fact.	02/08/2022
**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) Each restricted stock unit represents a contingent right to receive one share of USNA common stock.
- (2) Restricted Stock Units vest 25% on the anniversary of February 4th, 2019.
- (3) Restricted Stock Units vest 25% on the anniversary of February 5th, 2018.
- (4) Restricted Stock Units vest 25% on the anniversary of February 3rd, 2020.

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.