FORM 4

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

OMB APPROVAL
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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

(Print or Type	(Responses															
Name and Address of Reporting Person Guest Kevin			2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable)Director10% 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) C.E.O.					
(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				
(Instr. 3) Date		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) nstr. 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	V	Amoun		Price				Instr. 4)	
Common S	Stock		02/03/2022				M		4,596	A	(1)	4,596)	
Common S	Stock		02/03/2022				F		1,947	D	\$ 93.82	2,649)	
Common S	Stock		02/04/2022				M		2,422	A	<u>(1)</u>	5,071)	
Common Stock 02/04/2022		02/04/2022				F		1,026	D	\$ 92.32	4,045)		
Common S	Stock		02/05/2022				M		4,639	A	<u>(1)</u>	8,684)	
Common Stock 02/05		02/05/2022				F		1,965	D	\$ 92.32	6,719)		
		parate line for eac	h class of securities	s beneficiall	y own	ned d		or indirec	•	o respo		collection	of inform	ation	SEC	1474 (9-02)
		parate line for eac		s beneficially Derivative			lirectly o	Perso conta	ons wh iined ir display	n this for	nd to the rm are n rently va	lid OMB co	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,	ritie war 5. N of Deri Secu Acq (A) 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 whatined in display	n this for ys a current of, or Ben tible secu sable	nd to the rm are no rently value (icially value)	ot required lid OMB co Owned and Amount lying s	to respond control num	d unless th	f 10. Owners Form of Derivat Security Direct (or Indir	11. Natu of Indir Benefic Owners (Instr. 4
Reminder: Re 1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative	3. Transaction	Table II - 3A. Deemed Execution Date any any	Derivative (e.g., puts, 4. , if Transac Code	Seculs, cition	ritie war 5. N of Deri Secu Acq (A) of (I) (I) (I) (I)	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 what ined in display sposed of convert Exercise piration (Day/Young)	n this for ys a current of, or Ben tible secusable Date (ear)	nd to the rm are n rently valueficially rities) 7. Title a of Under Securitie	ot required lid OMB co Owned and Amount lying s	8. Price of Derivative Security	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(f 10. Owners Form of Derivat Security Direct (or Indir	11. Natu of Indir Benefic Owners (Instr. 4
Reminder: Re 1. Title of Derivative Security (Instr. 3) Restricted Stock	2. Conversion or Exercise Price of Derivative	3. Transaction	Table II - 3A. Deemed Execution Date any any	Derivative (e.g., puts, 4. Transac Code ear) (Instr. 8	Seculs, cition	ritie war 5. N of Deri Secu Acq (A) Disp of (I (Inst	s Acquirerants, or umber avative arities uired or coosed D) tr. 3, 4, 5)	Persocontal form of the contant of t	pons what ined in display sposed of convert Exercise piration (Day/Y) sable D.	n this for ys a current of, or Ben tible secusable Date (ear)	nd to the rm are n rently va meficially rities) 7. Title a of Under Securitie (Instr. 3 a	or required lid OMB co Owned Ind Amount lying s and 4) Amount or Number of Shares On 4 596	8. Price of Derivative Security	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(f 10. Owners Form of Derivat Security Direct (or Indir	11. Nation of Indirection Benefic Owners (Instr. 4
Reminder: Re 1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Ye	Table II - 3A. Deemed Execution Date any any	Derivative (e.g., puts, 4. , if Transac Code ear) (Instr. 8	Seculs, cition	ritie war 5. N of Deri Secu Acq (A) Disp of (I (Inst and	s Acquirerants, or number evative urities uired or boosed (D) (D) (D)	Persocontal form of the contant of t	pons what ined in display sposed of convert Exercise piration (//Day/Y).	n this for ys a current of, or Ben tible secusable a Date (ear)	nd to the rm are n rently va neficially vittes) 7. Title a of Under Securitie (Instr. 3 :	or required lid OMB co Owned Ind Amount lying s and 4) Amount or Number of Shares On 4,596	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. Nation of Indirection Benefic Owners (Instr. 4

Reporting Owners

	Relationships
Reporting Owner Name / Address	

	Director	10% Owner	Officer	Other
Guest Kevin 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120			C.E.O.	

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.