

**INITIAL STATEMENT OF 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 Wentz Bryan <small>(Last) (First) (Middle)</small> 4185 S. NORMANDIE LANE <small>(Street)</small> SALT LAKE, UT 84107 <small>(City) (State) (Zip)</small>	2. Date of Event Requiring Statement (Month/Day/Year) 05/13/2008	3. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]	5. If Amendment, Date Original Filed(Month/Day/Year)
		4. Relationship of Reporting Person(s) to Issuer (Check all applicable) <small>Director 10% Owner</small> <small>Officer (give title below) X Other (specify below)</small> See General Remark	

**Table I - Non-Derivative Securities Beneficially Owned**

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	2,100	D	
Common Stock	2,940	I	Indirect by Trust

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

SEC 1473 (7-02)

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**Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)**

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			
Stock Option (right to buy)	(1)	02/27/2014	Common Stock	115,000	\$ 29.04	D	
Stock Appreciation Right	(2)	10/19/2014	Common Stock	3,200	\$ 40.59	D	

**Reporting Owners**

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Wentz Bryan 4185 S. NORMANDIE LANE SALT LAKE, UT 84107				See General Remark

**Signatures**

/s/ Bryan Wentz	05/23/2008
<small>Signature of Reporting Person</small>	<small>Date</small>

**Explanation of Responses:**

- \* If the form is filed by more than one reporting person, see Instruction 5(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) 20% of such shares vest upon each of the first five anniversaries of the grant date, February 27, 2004,.
- (2) 20% of such shares vest upon each of the first five anniversaries of the grant date, April 19, 2007.

**Remarks:**

Reporting Person may be deemed to be a member of a 13(d) group that collectively is a ten percent (10%) owner (see that certain Schedule 13(d) filed on May 23, 2008 by Reporting Person and other

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, See Instruction 6 for procedure.

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