FORM 4

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

OMB APP	ROVAL				
DMB Number:	3235-0287				
Estimated average burden					
ours per respon	se 0.5				

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

pe creep core.																	
1. Name and Address of Reporting Person *- WENTZ MYRON W				2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]						5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X. Director. X. 10% Owner.							
(Last) (First) (Middle) 3838 WEST PARKWAY BLVD					3. Date of Earliest Transaction (Month/Day/Year) 10/21/2003						X Officer (give title below) Other (specify below) CEO						
(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							
)	(State)	(Zip)			Tal	ble I - N	on-I	Deri	ivative S	ecuritie	es Acqui	ired, Disp	osed of, or l	Beneficially	Owned		
1.Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)	Execution any	tion Date	ion Date, if		Code (Instr. 8)		(A) or Disposed		of (D)	Beneficia Reported	Reported Transaction(s)		Form:	7. Nature of Indirect Beneficial	
			(Month/Day/Year)		ear)		e V		Amount	(A) or (D)	Price	(Instr. 3	or Indir		or Indirect	Ownership (Instr. 4)	
Stock		10/21/2003				S			50,000	D	\$64.83	4,338,9	82 ⁽²⁾		I	Shares owned of record by Gull Holdings	
Report on a	separate line	for each class of sec	urities 1	beneficia	lly (owned d	irect	ly c	or								
							c	ont	tained ii	n this f	form ar	e not req	uired to re	spond un	less	EC 1474 (9- 02)	
													ĺ				
Conversion or Exercise Price of Derivative	Conversion or Exercise Price of	Date	(Year) Execution Day	ate, if	Code		of Derivat Securit Acquire (A) or Dispose of (D) (Instr. 3	ive ies ed ed	and	Expiration	on Date	Am Und Sec	ount of lerlying urities		Derivative Securities Beneficiall Owned Following Reported	Ownersh Form of Derivati Security Direct (I or Indirect)	Ownershi (Instr. 4)
									e ercisable		ion Title	Amount or Number of					
	AKE CITY Stock Report on a 2. Conversion or Exercise Price of Derivative	MYRON W (First) ST PARKWAY BLV (Street) AKE CITY, UT 84120 (State) Security Stock Report on a separate line 2. Conversion or Exercise Price of Derivative	MYRON W (First) (Middle) ST PARKWAY BLVD (Street) AKE CITY, UT 84120 (State) (Zip) Eccurity 2. Transaction Date (Month/Day/Year) Stock 10/21/2003 Report on a separate line for each class of sectors of the conversion of Exercise Price of Derivative (Month/Day/Year) 3. Transaction Date (Month/Day/Year) (Month/Day/Year)	MYRON W (First) (Middle) (Street) (Street) (AKE CITY, UT 84120 (State) (State) (Zip) (Month/Day/Year) (Month/Day/Year) (e.g., price of Derivative (Month/Day/Year) (Middle) 3. Date (ALE CITY, UT 84120 (Zip) 2. Transaction Date (Month/Day/Year) (ALE CITY, UT 84120 (Zip) 2. Transaction Date (Month/Day/Year) 3. Transaction Date (e.g., price of Derivative) 3. Transaction Date (Month/Day/Year) 3. Date (e.g., price of Derivative)	MYRON W O (First) (Middle) ST PARKWAY BLVD (Street) (Street) (Street) (AKE CITY, UT 84120 O (State) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) Stock 10/21/2003 Table II - Derivative Securities benefician AKE CITY, UT 84120 2. Transaction Conversion of Date (Month/Day/Year) Table II - Derivative Securities benefician Table II - Derivative Securities benefician (Month/Day/Year) Transaction Code (Instr. 8)	MYRON W (First) (ST PARKWAY BLVD (Street) (Street) (Street) (Street) (Street) (State) (Zip) (AKE CITY, UT 84120 (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (E.g., puts, calls, wa Conversion or Exercise Price of Derivative (Month/Day/Year) (Middle) (AKE CITY, UT 84120 (Zip) (Zip) (Zip) (Zip) (Zip) (Zip) (Zip) (Zip) (A. If Amendment, (AKE CITY, UT 84120 (A. Deemed Execution Date, if any (Month/Day/Year) (Month/Day/Year) (AKE CITY, UT 84120 (Zip) (Zip) (Zip) (Zip) (Zip) (Zip) (A. Deemed Execution Date, if (e.g., puts, calls, wa Code (Instr. 8)	MYRON W (First) (Street) (Street) (Street) (Street) (State) (A. If Amendment, Date On the Code (Instr. 8) (Instr. 8) (Instr. 4) (Instr. 8) (Instr	MYRON W (First) (Middle) (Street) (Middle) (Street) (Middle) (Street) (AKE CITY, UT 84120 (State) (State) (Zip) (State) (Zip) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Code Stock 10/21/2003 (Street) 4. If Amendment, Date Origin Table I - Non-I Execution Date, if (Month/Day/Year) (Month/Day/Year) (Code Stock 10/21/2003 S (Code Instr. 8) Table II - Derivative Securities Acquired (e.g., puts, calls, warrants, optically owned direct (e.g., puts, calls, warrants, optically	MYRON W (Street) (Middle) ST PARKWAY BLVD (Street) (Month/Day/Year) (Street) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Code (Instr. 8) (Month/Day/Year) (Code (Instr. 8) (Code (Instr. 8) (Code (Instr. 8) (Code (Month/Day/Year) (Code (Instr. 8) (Month/Day/Year) (Month/Day/Year)	MYRON W (First) (Street) (Street) (State) (A) or Disposed of Code Code Code Code Code Code Code Code	MYRON W (First) (Middle) (Street) (Street) (AKE CITY, UT 84120 (State) (Zip) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) Stock (Month/Day/Year) (Month/Day/Year)	MYRON W USANA HEALTH SCIENCES INC [USNA] 3. Date of Earliest Transaction (Month/Day/Year) 10/21/2003 4. If Amendment, Date Original Filed(Month/Day/Year) (State) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) Stock 10/21/2003 Stock 10/20/2003 Stock 10/2003 Stock 10/2003 Stock 10/2003 Stock 1	WYRON W USANA HEALTH SCIENCES INC [USNA] (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) 10/21/2003 (Street) 4. If Amendment, Date Original Filed(Month/Day/Year) 4. If Amendment, Date Original Filed(Month/Day/Year)	WYRON W USANA HEALTH SCIENCES INC [USNA] 3. Date of Earliest Transaction (Month/Day/Year) (Street) AE CITY, UT 84120 Table I - Non-Derivative Securities Acquired, Month/Day/Year) Stock 10/21/2003 Table I - Non-Derivative Securities Acquired (Instr. 3) Amount of Code Table II - Derivative Securities Acquired, Disposed of, or Beneficially Omed (Instr. 3) A Date (Instr. 3) A Deemed Execution Date, if Code (Instr. 3) Code V Amount (D) Price Table II - Derivative Securities Acquired, Disposed of, or Derivative Securities Acquired, Disposed of, or Disposed of	Stock 10/21/2003 Stock	USANA HEALTH SCIENCES INC [USNA] X_ Director X_ Officer (give title below) Other (specify belo	

Reporting Owners

Reporting Owner Name / Address	Relationships					
reporting 6 where runner runners	Director	10% Owner	Officer	Other		
WENTZ MYRON W 3838 WEST PARKWAY BLVD	X	X	CEO			
SALT LAKE CITY, UT 84120						

Signatures

Gilbert A. Fuller, as attorney in fact	10/23/2003
**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).
- (2) Shares owned of record by Gull Holdings Ltd., an entity owned and controlled by this reporting person.

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 nu	mber.