FORM 4

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

OMB APPR	OVAL				
DMB Number:	3235-0287				
Estimated average burden					
ours per response	e 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

pe Kesponse															
1. Name and Address of Reporting Person * 2. Issuer Name and Ticker				ŭ,				5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director X 10% Owner							
ST PARK	(First) WAY BLV	(Middle)	3. Date of Earliest Transaction 11/04/2003				on (I	on (Month/Day/Year)			X Officer (give title below) Other (specify below) CEO				
(Street) 4. If Amendment, Date Orig SALT LAKE CITY, UT 84120				ginal Filed(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) Form filed by One Reporting Person Form filed by More than One Reporting Person							
7)	(State)	(Zip)		Т	able	I - Noi	ı-Dei	rivative S	ecuritie	s Acquir	ed, Dispo	sed of, or l	Beneficially	Owned	
1.Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)	Execut any	Execution Date, if ny	f Coo					of (D)	Benefici Reported	cially Owned Following ed Transaction(s)		Ownership o Form:	7. Nature of Indirect Beneficial
				Month/Day/Year)		Code	V	Amount	(A) or (D)	Price	(Instr. 3 and 4)				Ownership (Instr. 4)
Stock		11/04/2003				S		100,000	D	\$37.80	8,327,9	64 ⁽²⁾		I	Shares owned of record by Gull Holdings
Report on a	separate line	e for each class of see	curities	beneficiall	y owr	ned dire	ectly	or							
							cor	ntained ii	n this fo	orm are	not req	uired to re	spond un	less	EC 1474 (9- 02)
											ly Owned				
Derivative Conversion Date		Date Execution Date (Month/Day/Year)		if Transaction of Code Derivative		and Expiration Date (Month/Day/Year) U Si (I		Amo Unde Secu	nount of derlying Securities (Instr.		tive Derivative Securities 5) Beneficial Owned Following Reported	Ownershi Form of Derivative Security: Direct (D) or Indirec	(Instr. 4)		
							Da	ıte.	Expirati	on	Amount or Number				
	AKE CITY Stock Report on a 2. Conversion or Exercise Price of Derivative	AKE CITY, UT 8412 Stock Report on a separate line Conversion or Exercise Price of Derivative Additional Address of Reporting MYRON W (First) (Street) (Street) (Street) (State) (State)	AKE CITY, UT 84120 Security Stock 11/04/2003 Report on a separate line for each class of security 2. Transaction Date (Month/Day/Year) Table II - 2. Conversion or Exercise Price of Derivative NATION (Middle) (Middle) (Middle) (Middle) (Zip) (Zip) (Zip) 3. Transaction Date (Month/Day/Year) 3A. Deemed Execution II any (Month/Day/Year)	MYRON W (First) (Middle) (Str PARKWAY BLVD (Street) (AKE CITY, UT 84120 (State) (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) Table II - Deriva (e.g., p.	AKE CITY, UT 84120 Stock 11/04/2003 Stock 11/04/2003 Stock 11/04/2003 Conversion or Exercise Price of Derivative Price of Derivative 2. Issuer Nam. USANA HEA. 3. Date of Earli. 11/04/2003 4. If Amendment AKE CITY, UT 84120 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) Table II - Derivative Secur (e.g., puts, calls, v. and content of the price of Derivative Code (Month/Day/Year) 3. Date of Earli. 11/04/2003 4. If Amendment AKE CITY, UT 84120 2. Transaction Date (Month/Day/Year) 3. Date of Earli. 11/04/2003 4. If Amendment AKE CITY, UT 84120 2. Transaction Date (Execution Date, if any (Month/Day/Year) 3. Date of Earli. 11/04/2003 4. If Amendment AKE CITY, UT 84120 3. Date of Earli. 11/04/2003 4. If Amendment AKE CITY, UT 84120 3. Date of Earli. 11/04/2003 4. If Amendment AKE CITY, UT 84120 3. Date of Earli. 11/04/2003 4. If Amendment AKE CITY, UT 84120 3. Date of Earli. 11/04/2003 4. If Amendment AKE CITY, UT 84120 3. Date of Earli. 11/04/2003 4. If Amendment AKE CITY, UT 84120 3. Date of Earli. 11/04/2003 4. If Amendment AKE CITY, UT 84120 3. Date of Earli. 11/04/2003 4. If Amendment AKE CITY, UT 84120 3. Date of Earli. 11/04/2003 4. If Amendment AKE CITY, UT 84120 5. A. Deemed Execution Date, if any (Month/Day/Year) 6. A. Deemed Execution Date, if any (Month/Day/Year) 8. A. Deemed Execution Date, if any (Month/Day/Year) 9. A. Deemed Execution Date, if any (Month/Day/Year) 1. A. Deemed Execution Date, if any (Month/Day/Year)	MYRON W (First) (ST PARKWAY BLVD (Street) (Street) (Street) (Street) (State) (Zip) (State) (Zip) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Coversion of Exercise Price of Derivative Security (Month/Day/Year) (Month/Day/Year)	MYRON W (First) (ST PARKWAY BLVD (Street) (Street) (Street) (Street) (State) (A) or Disposed of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 3) (Month/Day/Year) (Month/Day/Year)	2. Issuer Name and Ticker or TWAYRON W	2. Issuer Name and Ticker or Trading Sy USANA HEALTH SCIENCES INC	AKE CITY, UT 84120 2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USN. 3. Date of Earliest Transaction (Month/Day/Year) 11/04/2003 4. If Amendment, Date Original Filed(Month/Day/Year) 11/04/2003 4. If Amendment, Date Original Filed(Month/Day/Year) 11/04/2003 4. If Amendment, Date Original Filed(Month/Day/Year) 11/04/2003 5. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 3. Transaction Date if Code (Instr. 8) (Instr. 3, 4 and 5) (A) or Code V Amount (D) Stock 11/04/2003 S 100,000 D Report on a separate line for each class of securities beneficially owned directly or Persons who respondined in this fithe form displays Table II - Derivative Securities Acquired, Disposed of, or Be (e.g., puts, calls, warrants, options, convertible security (Month/Day/Year) 2. Sh. Nimber 6. Date Exercisable (Month/Day/Year) 3.	Address of Reporting Person	Address of Reporting Person * MYRON W 2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA] 3. Date of Earliest Transaction (Month/Day/Year) (Street) 4. If Amendment, Date Original Filed(Month/Day/Year) (State) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) Stock 11/04/2003 3. Transaction Date (Month/Day/Year) Stock 11/04/2003 3. Transaction Date (Instr. 3) (A) Or Code (Instr. 3) (Instr. 3) (Instr. 3) Persons who respond to the colle contained in this form are not required from displays a currently valic Table II - Derivative Securities Acquired, Disposed of Or Conversion Date Or Exercise (Month/Day/Year) (Month/Day/Year)	Address of Reporting Person - MYRON W (Street) (Street) (Street) (Street) (State) (State) (Zip) (Month/Day/Year) (And (Month/Day/Year) (And (Month/Day/Year) (State) (Zip) (Month/Day/Year) (And (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (State) (Zip) (State) (Zip) (State) (Zip) (State) (Zip) (And (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (And (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (State) (Zip) (Month/Day/Year) (Month/Day/Year) (And) (Code (Instr. 3, 4 and 5) (Instr.	2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA] S. Relationship of Reporting Person (Check all applications) S. Date of Earliest Transaction (Month/Day/Year) S. Date of Earliest Earliest Earliest S. Date of Earliest Earliest Earliest S. Date of Earliest Earliest Earliest Earliest Earliest S. Date of Earliest Earlie	Address of Reporting Person.* 2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA] 3. Date of Earliest Transaction (Month/Day/Year) I1/04/2003 4. If Amendment, Date Original Filed/Month/Day/Year) I1/04/2003 4. If Amendment, Date Original Filed/Month/Day/Year) I2. Transaction Date (Month/Day/Year) Date (Month/Day/Year) 1. Table I - Non-Derivative Securities Acquired (A) or Disposed of of Disposed of of Disposed of Original Filed/Month/Day/Year) Date (Month/Day/Year) 1. Table II - Non-Derivative Securities Acquired (A) or Disposed of of Disposed of Original Filed/Month/Day/Year) Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) Date (Month/Day/Year) 2. Transaction Date (A) or Disposed of Original Filed/Month/Day/Year) Date (Month/Day/Year) 2. Transaction Date (Code (Instr. 8) (Instr. 3, 4 and 5) (Instr. 3 and 4) (Instr. 3 and 4) (Instr. 4) 2. Transaction (Month/Day/Year) Date (Month/Day/Year) 2. Transaction Date (Code (Instr. 8) (Instr. 3, 4 and 5) (Instr. 3 and 4) (Instr. 4) 2. Transaction (Instr. 4) 3. Transaction (Instr. 4) 4. Securities Acquired (A) or Disposed of (B) (Instr. 3 and 4) (Instr. 3 and 4) (Instr. 4) 4. Securities Acquired (Instr. 3, 4 and 5) (Instr. 3 and 4) (Instr. 3 and 4) (Instr. 4) 4. Securities Acquired (Instr. 3, 4 and 5) (Instr. 3 and 4) (Instr. 3 and 4) (Instr. 4) 4. Securities Acquired (Day or Disposed of Day (Instr. 3) (Instr. 3 and 4) (Instr. 4) 4. Securities Acquired (Day or Disposed of Day (Instr. 3) (Instr. 4) 5. Amount of Securities Acquired (Day or Disposed of Day (Instr. 4) (Instr. 4) 5. Amount of Securities (Instr. 4) 5. Amount of Securities (Instr. 4) (Instr. 4) 6. Womenship Code (Day Original Filed/Month/Day/Year) (Instr. 4) 6. Amount of Day (Instr. 4) (Instr. 4) 6. Amount of Day (Instr. 4) (Instr. 4) 6. Amount of Day (Instr. 4) (Instr. 4) 6. Amount of Day (Instr. 5) (Instr. 5) (Instr. 5) (Instr. 5) 6. Amount of Day (Instr. 6) (Inst

Reporting Owners

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

Signatures

Gilbert A. Fulle	r, as attorney in fact	11/07/2003
**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 held were automatically increased to reflect the effect of the forward 2-for-1 stock split effective October 31, 2003

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.