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

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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

eporting Person	<u>*</u>	2 Icena	N.T.											
S		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 10% Owner						
(First) AY BLVD		3. Date of Earliest Transaction (Month/Day/Year) 10/21/2004							ve title below)		er (specify belo	w)		
(Street)	4	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)			Table	I - Non-	Derivat	tive S	ecuritie	s Acquire	ed, Dispose	d of, or Ben	eficially Own	ed	
	Date	Execution any	on Date	3. Tr Code (Inst	ansactio	n 4. S (A) (Ins	Securi or Di str. 3,	ties Acquisposed (4 and 5)	of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)			Ownership Form: Direct (D) or Indirect I)	Beneficial Ownership
	10/21/2004							Λ	\$ 1	12,000			Ź	
	10/21/2004				S	12,	000	1)	. 10	0)	
					quired,	Dispose	ed of,	or Bene	eficially (_	
Transaction ate Month/Day/Year)	3A. Deemed Execution Date, if any	e.g., puts 4. Transac Code	s, calls, 5. tion of De) Se Ac	Number rivative curities quired	quired, is, option 6. Date Expire	Dispose ns, conv te Exerc ation Da	ed of, vertib cisable	or Bene ole secur e and	7. Title Amount Underly Securiti	and t of ving es	8. Price of	9. Number of Derivative Securities	Ownersh Form of Derivati Security	(Instr. 4)
				str. 3, 4,								Reported Transaction(s (Instr. 4)	or Indire	
		Code	V (A) (D)	Date Exerc	isable			Title	or				
10/21/2004		М		12,00	0 07/30	0/2002	01/3	30/2012	2 Comm Stock	112.000	\$ 30.96	48,000	D	
	AY BLVD (Street) IT 84120 (State) marate line for eac Transaction ate donth/Day/Year)	AY BLVD (Street) (State) (State) (State) (Zip) 2. Transaction Date (Month/Day/Year) 10/21/2004 10/21/2004 arrate line for each class of securities Table II - I (Transaction ate Execution Date, if any (Month/Day/Year)	AY BLVD (Street) (State) 2. Transaction Date (Month/Day/Year) 10/21/2004 10/21/2004 10/21/2004 Table II - Derivative (e.g., puts any (Month/Day/Year)) Transaction ate Execution Date, if fourth/Day/Year) (Month/Day/Year) 3A. Deemed Execution Date, if Transaction any (Month/Day/Year) (Month/Day/Year) Code Code	AY BLVD (Street) (Street) (State) (State) (State) (State) (State) (State) (State) (State) (State) (A. Deemed Execution Date, any (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (A. Deemed Execution Date, any (Month/Day/Year) (A. Derivative Secundary (e.g., puts, calls, any (Month/Day/Year)) (A. Deemed Execution Date, if any (Month/Day/Year)) (Month/Day/Year) (A. Diametria (A. S. 1) (A. Diametria	AY BLVD (Street) (Street) (State) (State) (State) (State) (Zip) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (An Deemed Execution Date, if any (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Transaction ate Execution Date, if any (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Code (Instr. 8) (E.g., puts, calls, warrant Transaction of Code (Instr. 8) (Instr. 8) (Code (Instr. 8) (Instr. 8) (Code (Instr. 3, 4, and 5) (D) (Code (V) (A) (D)	AY BLVD (Street) (Street) (State) (Zip) (State) (Zip) (Zip) (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Code (Instr. 8) (An Deemed Execution Date, if Quinty (Month/Day/Year) (Month/Day/Year) (Code (Instr. 8) (Code (Instr. 8) (Code (Instr. 8) (An Deemed Execution Date, if Quinty (An Onth/Day/Year) (An Deemed Execution Date, if Quinty (Month/Day/Year) (An Onth/Day/Year) (Month/Day/Year) (Month/Day/Year) (Code (Instr. 8) (An Onth/Day/Year) (Month/Day/Year) (Code (Instr. 8) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Code (Instr. 8) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Code (Instr. 8) (Month/Day/Year) (Month/Day/Year)	AY BLVD (Street) (Street) (State) (State) (Zip) (Zip) (Za. Deemed Execution Date, if (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (A) (Instr. 8) (Instr. 8)	AY BLVD (Street) 4. If Amendment, Date Original Filed(Month/Da VIT 84120 (State) (Zip) Table I - Non-Derivative S Execution Date, if (A) or Disposed of (e.g., puts, calls, warrants, options, convertif (A) or Disposed of (D) (Instr. 3, 4, and 5) (Month/Day/Year) (State) (Zip) Table I - Non-Derivative S Execution Date, if (A) or Disposed of (D) (Instr. 3, 4, and 5) (Instr. 3) Table I - Non-Derivative S (Code (A) or Disposed of (A) or Disposed of (B) or Derivative S (A) or Disposed of (B) or Derivative S (A) or Disposed of (D) (Instr. 3, 4, and 5) Code V (A) (D) Date Exercisable Exprants Exprants Date Exercisable Exprants Date Exercisable Date	Street A In Amendment Date Original Filed (Month/Day/Year)	Street A If Amendment, Date Original Filed(Month/Day/Year) Game Game	Ay BLVD 10/21/2004 4. If Amendment, Date Original Filed(Month/Day/Year) 5. Individual X, Form filed by For	Ay BLVD 10/21/2004 4. If Amendment, Date Original Filed (Month/Day/Year) 5. Individual or Joint/Grown filed by One Reporting Form filed by More than One Execution Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. A. Deemed Execution Date (Month/Day/Year) 3. Transaction (Instr. 8) 3. Transaction (Instr. 8) 4. Securities Acquired (Instr. 8) 4. A grant filed by More than One Owner Following Report (Instr. 8) 12,000 A 5. Amount of Securities Instruction (Instr. 3, 4 and 5) 4. Amount (Instr. 3, 4 and 5) 5. Amount of Securities Instruction (Instr. 3, 4 and 5) 6. Individual or Joint/Grown Reporting Promitties Acquired (Instr. 8) 6. Individual or Joint/Grown Reporting Promitties Acquired (Instr. 8) 6. Individual or Joint/Grown Reporting Promitties Acquired (Instr. 8) 6. Individual or Joint/Grown Reporting Promitties Acquired (Instr. 8) 6. Individual or Joint/Grown Reporting Promitties Acquired (Instr. 3, 4 and 5) 7. Transaction (Instr. 3) 7. Title and Amount of Underlying Securities (Instr. 3) 7. Title and Amount of Underlying Securities (Instr. 3) 7. Title Amount of Underlying Securities (Instr. 3) 7. Title Instruction Promitties (I	Ay BLVD 10/21/2004 4. If Amendment, Date Original Filed(Month/Day/Year) 5. Individual or Joint/Group Filing(Chee)	A Sample Code V A Code V Code Cod

Daniel Common Name / Addings	Relationships					
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
POELMAN RONALD S 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120	X					

Signatures

Gilbert A. Fuller, as attorney-in-fact	10/25/2004
**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).

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.