Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations  $\ \, \text{may continue.} \, \textit{See}$ Instruction 1(b).

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

OMB APPROVAL OMB Number: 3235-0287 Estimated average burden hours per response... 0.5

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 Ty	pe Response	es)								-					
1. Name and Address of Reporting Person *- WILSON MARK H				2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner				
(Last) (First) (Middle) 3838 WEST PARKWAY BLVD				3. Date of Earliest Transaction (Month/Day/Year) 10/31/2003							Director 10% Owner  X Officer (give title below) Other (specify below)  V.P. of Customer Relations				
(Street)				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				
SALT LA	AKE CITY	, UT 84120									Form filed by	More than One	Reporting Perso	1	
(Cit	y)	(State)	(Zip)			Table I	- Non-D	eriva	tive Secur	ities Acqui	ired, Disposed	d of, or Ben	eficially Ow	ned	
(Instr. 3)			Date	2A. Deemed Execution Date, if any (Month/Day/Year)			nsaction 8)	or Di	Disposed of (D) str. 3, 4 and 5)		5. Amount of Securities Beneficially Owned Following Reported Transaction(s)		llowing	6. Ownership Form:	7. Nature of Indirect Beneficial
						Code	e V	Amo	(A) or (D)	Price	oi (I			Ownership (Instr. 4)	
Common	Stock		10/31/2003			М		8,000	· ` ′	-	8,000		D		
Common	Common Stock 10/31/2003					S		8,00	_	\$33.523				D	
Common Stock										856			I	401K	
1. Title of Derivative Security (Instr. 3)	of 2. 3. Transaction 3A. Deemed Execution Date, or Exercise (Month/Day/Year) any		f Transaction of E Code Derivative (N		quired, I s, option 6. Date 1 Expiration			Geneficially curities)  7. Title of Und Securit	rem are not required rently valid OMB coneficially Owned urities)  7. Title and Amount of Underlying Securities (Instr. 3 and 4)		nd unless t	of 10. Ownersl Form of Derivati Security Direct (I or Indire	Ownership (Instr. 4) cct		
				Code	V (A)	(D)	Date Exercisa		Expiration Date	Title	Amount or Number of Shares				
Stock Options (Right to buy)(1)	\$0.83	10/31/2003		М		8,000	09/01/2	2003	03/01/20	12 Comn Stoc	1 8 000	\$0.83	172,000	D	
Stock Options (Right to buy)	\$2.45						01/11/2	2000	01/11/20	10 Comn Stoc	1870 000		\$20,000	D	
Repor	ting O	wners													
				Relati	onchine										

B (1 0 V (4))	Relationships							
Reporting Owner Name / Address	Director 10% Owner		Officer	Other				
WILSON MARK H 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120			V.P. of Customer Relations					

## **Signatures**

Gilbert A. Fuller, as attorney in fact	11/04/2003
**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).
- (1) Share amount adjusted to reflect 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 number.