Gull Global Ltd Form 4 January 04, 2019

FORM 4

Check this box

if no longer

Section 16.

Form 4 or

subject to

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

OMB

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue.

30(h) of the Investment Company Act of 1940 See Instruction 1(b).

(Print or Type Responses)

(Last)

1. Name and Address of Reporting Person * Gull Global Ltd

2. Issuer Name and Ticker or Trading Symbol

USANA HEALTH SCIENCES INC [USNA]

3. Date of Earliest Transaction

01/02/2019

5. Relationship of Reporting Person(s) to

Issuer

(Check all applicable)

(Middle)

(Month/Day/Year)

Director Officer (give title below)

X__ 10% Owner _ Other (specify

PO BOX N-4899, 2/F BAHAMAS FINANCIAL CTR, SHIRLEY & CHARLOTTE STREETS

(First)

(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

NASSAU, C5 BH1-1000

(City)	(State)	(Zip) Table	e I - Non-I	Derivative	Secui	rities Acqu	ired, Disposed of	, or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactic Code (Instr. 8)	4. Securi on(A) or Di (Instr. 3,	ispose	d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock	01/02/2019		S <u>(1)</u>	7,131	D	\$ 116.25 (2) (3)	9,918,483	D	
Common Stock	01/02/2019		S(1)	2,600	D	\$ 117 (3) (4)	9,915,883	D	
Common Stock	01/02/2019		S <u>(1)</u>	200	D	\$ 117.68 (3) (5)	9,915,683	D	
Common	01/03/2019		S(1)	7,096	D	\$	9,908,587	D	

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Stock					113.07 (3) (6)		
Common Stock	01/03/2019	S <u>(1)</u>	2,316	D	\$ 113.86 (3) (7)	9,906,271	D
Common Stock	01/03/2019	S <u>(1)</u>	700	D	\$ 115.25 (3) (8)	9,905,571	D
Common Stock	01/03/2019	S <u>(1)</u>	100	D	\$ 115.97	9,905,471	D
Common Stock	01/04/2019	S <u>(1)</u>	1,700	D	\$ 113.17 (3) (9)	9,903,771	D
Common Stock	01/04/2019	S <u>(1)</u>	3,223	D	\$ 114.23 (3) (10)	9,900,548	D
Common Stock	01/04/2019	S(1)	4,474	D	\$ 115 (3) (11)	9,896,074	D
Common Stock	01/04/2019	S(1)	160	D	\$ 116.11 (3) (12)	9,895,914	D

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

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SEC 1474

(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exerc	cisable and	7. Title	and	8. Price of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	onNumber	Expiration D	ate	Amount	of	Derivative
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Underly	ing	Security
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivativ	e		Securitie	es	(Instr. 5)
	Derivative				Securities			(Instr. 3	and 4)	
	Security				Acquired					
	·				(A) or					
					Disposed					
					of (D)					
					(Instr. 3,					
					4, and 5)					
									mount	
						Date	Expiration	0:		
						Exercisable Date	Title Number			
								0		
				Code V	(A) (D)			S	hares	

9. Nu Deriv Secur Bene Own Follo Repo Trans (Instr

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Gull Global Ltd PO BOX N-4899, 2/F BAHAMAS FINANCIAL CTR SHIRLEY & CHARLOTTE STREETS NASSAU, C5 BH1-1000



Signatures

/s/ Valarie A. Hing, Attorney in Fact

01/04/2019

**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) This sale was effected pursuant to a Rule 10b5-1 trading plan adopted by the Reporting Person.
- (2) Weighted average price. Price range in multiple transactions was \$115.64 to \$116.60, inclusive.
- (3) The reporting person undertakes to provide USANA Health Sciences, Inc., any security holder thereof or the staff of the Securities Exchange Commission information regarding the number of shares sold at each price within the ranges set forth.
- (4) Weighted average price. Price range in multiple transactions was \$116.64 to \$117.61, inclusive.
- (5) Weighted average price. Price range in multiple transactions was \$117.65 to \$117.70, inclusive.
- (6) Weighted average price. Price range in multiple transactions was \$112.53 to \$113.51, inclusive.
- (7) Weighted average price. Price range in multiple transactions was \$113.57 to \$114.46, inclusive.
- (8) Weighted average price. Price range in multiple transactions was \$114.67 to \$115.56, inclusive.
- (9) Weighted average price. Price range in multiple transactions was \$112.67 to \$113.66, inclusive.
- (10) Weighted average price. Price range in multiple transactions was \$113.71 to \$114.69, inclusive.
- (11) Weighted average price. Price range in multiple transactions was \$114.71 to \$115.67, inclusive.
- (12) Weighted average price. Price range in multiple transactions was \$116.10 to \$116.13, inclusive.

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.

Reporting Owners 3