USANA HEALTH SCIENCES INC

Form 4 July 29, 2013

FORM 4

OMB APPROVAL

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

OMB Number: 3235-0287

Check this box if no longer subject to Section 16. Form 4 or January 31,
IN RENEFICIAL OWNERSHIP OF

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Form 5 obligations may continue.

See Instruction

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

| 1. Name and Address of Reporting Person * Jones Paul A. | | | 2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) | | |
|---|---------|----------|---|--|--|--|
| | | | [USNA] | (| | |
| (Last) | (First) | (Middle) | 3. Date of Earliest Transaction (Month/Day/Year) | Director 10% Owner X Officer (give title Other (specify below) | | |
| 3838 WEST PARKWAY BLVD. | | | 07/26/2013 | CFO | | |
| (Street) | | | 4. If Amendment, Date Original | 6. Individual or Joint/Group Filing(Check | | |
| SALT LAKE CITY, UT 84120 | | | Filed(Month/Day/Year) | Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person | | |

| (City) | (State) | Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned | | | | | | | |
|--------------------------------------|---|--|--|--------------|---|---|--|---|--|
| 1.Title of Security (Instr. 3) | 2. Transaction Date (Month/Day/Year) | 2A. Deemed Execution Date, if any (Month/Day/Year) | 3. 4. Securities Acquired (A) Transactionr Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or Code V Amount (D) Price | | | 5. Amount of Securities Ownership Beneficially Form: Owned Direct (D) Following or Indirect Reported (I) Transaction(s) (Instr. 4) (Instr. 3 and 4) | Ownership Form: Direct (D) or Indirect (I) | 7. Nature of Indirect Beneficial Ownership (Instr. 4) | |
| Common Stock | 07/26/2013 | | M | 5,047 (1) | A | \$ 39.4 | 5,047 | D | |
| Common Stock | 07/26/2013 | | S | 5,047 | D | \$ 78.0098 (2) | 0 | 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)

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

| 1. Title of Derivative Security (Instr. 3) | 2. Conversion or Exercise Price of Derivative Security | 3. Transaction Date (Month/Day/Year) | 3A. Deemed Execution Date, if any (Month/Day/Year) | Code Securities (Month/Day/Year)) (Instr. 8) Acquired (A) or Disposed of (D) | | te | 7. Title and Amour Underlying Securit (Instr. 3 and 4) | | |
|---|--|---|---|---|-------------------------------|---------------------|--|-----------------|---------------------------|
| | | | | Code V | (Instr. 3, 4, and 5) (A) (D) | Date Exercisable | Expiration Date | Title | Amo or Num of Sh |
| Stock-Settled Stock Appreciation Rights | \$ 39.4 | 07/26/2013 | | M | 10,200 | 07/26/2011 | 01/26/2016 | Common Stock | 10,2 |

Reporting Owners

| Reporting Owner Name / Address | Relationships | | | | | | |
|--------------------------------|---------------|-----------|---------|-------|--|--|--|
| 1 8 | Director | 10% Owner | Officer | Other | | | |
| Jones Paul A. | | | | | | | |
| 3838 WEST PARKWAY BLVD. | | | CFO | | | | |
| SALT LAKE CITY, UT 84120 | | | | | | | |

Signatures

Paul A. Jones 07/29/2013

**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) The shares acquired resulted from the reporting person's settlement of the stock-settled stock appreciation rights disclosed in Table II.
- (2) Average Price. Price range was \$78.00 to \$78.08.

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Reporting Owners 2