## Edgar Filing: USANA HEALTH SCIENCES INC - Form 4

USANA HE Form 4 May 29, 201	ALTH SCIENCI 4	ES INC										
				RITIES AND EXCHANGE COMMISSION ashington, D.C. 20549					OMB APPROVAL			
								COMMISSION	OMB Number:	3235-0287		
Check th if no long	TOP.	STATEMENT OF CHAN							Expires:	January 31, 2005		
subject to Section 1	6. <b>SIAIEN</b>					ICIA	NERSHIP OF	Estimated average burden hours per				
Form 4 or Form 5 obligations may continue. See Instruction 1(b). 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							response	0.5				
(Print or Type I	Responses)											
MCCLAIN JERRY G Symbol				er Name and Ticker or Trading A HEALTH SCIENCES INC				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
												(Last) (First) (Middle) 3. Date of (Month/D 3838 WEST PARKWAY BLVD 05/28/20
			ndment, Date Original nth/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person					
SALT LAK	Form filed by More than Person											
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly 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 Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)				5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)				
				Code V		or (D)	Price	Transaction(s) (Instr. 3 and 4)				
Common Stock	05/28/2014			М	1,217 (1)	А	\$ 28.16	1,217	D			
Common Stock	05/28/2014			S	1,217	D	\$ 72.12	0	D			

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

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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)	4. Transacti Code (Instr. 8)	onof Derivative Securities		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount Underlying Securitie (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amou or Numb of Shares
Stock-Settled Stock Appreciation Rights	\$ 28.16	05/28/2014		М		2,000	07/01/2013	09/30/2015	Common Stock	2,00

## **Reporting Owners**

<b>Reporting Owner Name / Address</b>	Relationships						
· · · · · · · · · · · · · · · · · · ·	Director	10% Owner	Officer	Other			
MCCLAIN JERRY G 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120	Х						
Signatures							
James Bramble, as attorney in fact	05/29/2014						
**Signature of Reporting Person		Date					
<b>–</b> 1 11 ( <b>–</b>							

## 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.

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.