

USANA HEALTH SCIENCES INC
 Form 4
 December 08, 2014

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

OMB APPROVAL

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Check this box if no 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, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
WENTZ MYRON W

 (Last) (First) (Middle)
3838 WEST PARKWAY BLVD
 (Street)

SALT LAKE CITY, UT 84120
 (City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
USANA HEALTH SCIENCES INC [USNA]

3. Date of Earliest Transaction (Month/Day/Year)
12/04/2014

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer
 (Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

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. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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 Ownership (Instr. 4)
				(A) or (D)	Price		
Common Stock	12/04/2014		M	108,295	A \$ 39.18	6,551,617	I Shares owned of record by Gull Holdings (5)
Common Stock	12/04/2014		S	108,295	D \$ 104.9827 (1)	6,443,322	I Shares owned of record by Gull Holdings (5)

Common Stock	12/05/2014		M	39,025	A	\$ 39.18	6,482,347	I	Shares owned of record by Gull Holdings ⁽⁵⁾
Common Stock	12/05/2014		S	39,025	D	\$ 104.5309 ⁽²⁾	6,443,322	I	Shares owned of record by Gull Holdings ⁽⁵⁾
Common Stock	12/08/2014		M	36,925	A	\$ 39.18	6,480,247	I	Shares owned of record by Gull Holdings ⁽⁵⁾
Common Stock	12/08/2014		S	36,925	D	\$ 103.7837 ⁽³⁾	6,443,322	I	Shares owned of record by Gull Holdings ⁽⁵⁾
Common Stock							75,788	I	Shares owned of record by Gull Global Limited ⁽⁴⁾

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. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
				Code V	(A) (D)		Title

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					Date Exercisable	Expiration Date		Amount Number of Shares
Stock Options (right to buy)	\$ 39.18	12/04/2014	M	108,295	12/05/2005	12/05/2015	Common Stock	108,295
Stock Options (right to buy)	\$ 39.18	12/05/2014	M	39,025	12/05/2005	12/05/2015	Common Stock	39,025
Stock Options (right to buy)	\$ 39.18	12/08/2014	M	36,925	12/05/2005	12/05/2015	Common Stock	36,925

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
WENTZ MYRON W 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120	X			

Signatures

James Bramble, as attorney
in fact 12/08/2014

**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) Weighted average price. Price range in multiple transactions was \$104.50 to \$105.15, inclusive
- (2) Weighted average price. Price range in multiple transactions was \$104.50 to \$104.75, inclusive
- (3) Weighted average price. Price range in multiple transactions was \$103.375 to \$104.6574, inclusive
- (4) The holder of record of the shares of Common Stock disposed is Gull Global Limited, an entity wholly indirectly owned and controlled by Dr. Myron W. Wentz and the parent of Gull Holdings, Ltd.
- (5) Held of record by Gull Holdings, Ltd., a wholly owned subsidiary of Gull Global Limited and indirectly wholly owned and controlled by Dr. Myron W. Wentz.

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.