

WENTZ MYRON W
Form 4
November 20, 2012

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

OMB APPROVAL

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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

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

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

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

3. Date of Earliest Transaction
(Month/Day/Year)
11/16/2012

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

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

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

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)			
			Code	V	Amount	(A) or (D)	Price			
Common Stock	11/16/2012		M		53,559 (1)	A	\$ 26.06	7,311,599	I	Shares owned of record by Gull Holdings
Common Stock	11/16/2012		S		53,559	D	\$ 44.5113 (2)	7,258,040	I	Shares owned of record by Gull Holdings
Common Stock	11/20/2012		M		20,774 (1)	A	\$ 26.06	7,278,814	I	Shares owned of

									record by Gull Holdings
Common Stock	11/20/2012		S	20,774	D	\$ 43.9	7,258,040	I	Shares owned of record by Gull Holdings
Common Stock	11/20/2012		S	<u>7,918</u> (3)	D	\$ 43.9	7,250,122	I	Shares owned of record by Gull Holdings

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 Underlying Security (Instr. 3 and 4)	Am Nu Sha
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title
Stock-Settled Stock Appreciation Rights	\$ 26.06	11/16/2012		M	129,251	07/21/2009 01/21/2014	Common Stock	12
Stock-Settled Stock Appreciation Rights	\$ 26.06	11/20/2012		M	51,120	07/21/2009 01/21/2014	Common Stock	5

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
WENTZ MYRON W	X			

3838 WEST PARKWAY BLVD
SALT LAKE CITY, UT 84120

Signatures

James Bramble, as attorney
in fact

11/20/2012

__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.
- (3) The holder of record of the shares of Common Stock disposed is Gull Holdings, Ltd., an entity 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.
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