

WENTZ MYRON W  
Form 4  
October 01, 2018

**FORM 4**

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

OMB APPROVAL

OMB Number: 3235-0287  
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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

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)  
C/O USANA HEALTH SCIENCES, INC., 3838 WEST PARKWAY BLVD

3. Date of Earliest Transaction (Month/Day/Year)  
10/01/2018

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

(Street)  
SALT LAKE CITY, UT 84120

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

(City) (State) (Zip)

**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		Shares owned of record by
Common Stock	10/01/2018		S <sup>(1)</sup>		\$ 22,395	D	Gull Global Limited <sup>(4)</sup>
					(A) or (D)		
					(2) (3)		
Common Stock	10/01/2018		S <sup>(1)</sup>		\$ 7,605	D	Shares owned of record by
					(A) or (D)		
					(2) (3)		
					(3) (5)		

Gull  
Global  
Limited  
(4)

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

**Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.**

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 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)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Owned Following Transaction (Instr. 5)
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## Reporting Owners

### Reporting Owner Name / Address

### Relationships

Director    10% Owner    Officer    Other

WENTZ MYRON W  
C/O USANA HEALTH SCIENCES, INC.  
3838 WEST PARKWAY BLVD  
SALT LAKE CITY, UT 84120

X

## Signatures

/s/ Valarie A. Hing, Attorney  
in Fact

10/01/2018

\*\*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.

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- (2) Weighted average price. Price range in multiple transactions was \$119.44 to \$120.40, 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) The holder of record of the shares of Common Stock disposed of is Gull Global Limited, an entity wholly indirectly owned and controlled by Dr. Myron W. Wentz.
- (5) Weighted average price. Price range in multiple transactions was \$120.44 to \$120.68, inclusive.

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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