

USANA HEALTH SCIENCES INC
 Form 4
 August 17, 2016

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 *
 Brown Jim

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)
 08/15/2016

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
 Chief Operations Officer

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 Beneficial Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock	08/15/2016		M		1,513 (1)	A	\$ 57.62 1,513 D
Common Stock	08/15/2016		S		1,513 (2)	D	\$ 132.016 0 D
Common Stock	08/15/2016		M		3,787 (1)	A	\$ 57.62 3,787 D
Common Stock	08/15/2016		S		3,787 (3)	D	\$ 131.7503 0 D
Common Stock	08/16/2016		M		3,804	A	\$ 57.62 3,804 D

Signatures

Jim Brown

08/17/2016

**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 reporting person's settlement of the stock-settled stock appreciation rights disclosed in Table-II
- (2) Weighted average price \$132.0160. Price range in multiple transactions was \$132 to \$132.075 inclusively.
- (3) Weighted average price \$131.7503. Price range in multiple transactions was \$131.75 to \$131.76 inclusively.
- (4) Weighted average price \$130.7053. Price range in multiple transactions was \$130.34 to \$131.215 inclusively.

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.