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

USANA HE Form 4 August 01, 2	ALTH SCIENC	CES INC									
FORM									OMB AF	PROVAL	
	UNITE	D STATES		RITIES A shington,			NGE C	OMMISSION	OMB Number:	3235-0287	
Check th if no long	Ter	OX Contraction of the second se								January 31, 2005	
subject to	EMENT O	F CHAN		Estimated average							
Section 1 Form 4 o		SECUR	burden hours per response 0.5								
Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,								10300130	0.0		
obligation may cont				•	•	· ·		1935 or Section	1		
See Instru 1(b).	uction	30(h)	of the In	vestment	Compan	y Act	of 1940	)			
1(0).											
(Print or Type I	Responses)										
WAITLEY DENIS E Symbol				er Name and Ticker or Trading				5. Relationship of Reporting Person(s) to Issuer			
				A HEALT ]	'H SCIEN	ICES	INC	(Check all applicable)			
3838 WEST PARKWAY BLVD         (Month/ 07/28/ (Street)           (Street)         4. If Am			(Month/I	(Month/Day/Year)				X_ Director10% Owner Officer (give titleOther (specify below)Other (specify			
				Amendment, Date Original (Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line)			
SALT LAK	E CITY, UT 84	4120			,			_X_ Form filed by O Form filed by M Person			
(City)	(State)	(Zip)	Tab	e I - Non-D	Derivative S	Securi	ties Acqu	iired, Disposed of,	or Beneficial	lv Owned	
1.Title of	2. Transaction Da	ate 2A. Deer		3.	4. Securit		-	5. Amount of	6.	7. Nature of	
Security (Instr. 3)	(Month/Day/Yea	n Date, if Day/Year)	Transactio Code (Instr. 8)	on(A) or Dis (Instr. 3, 4	sposed	of (D)	Securities Beneficially Owned Following	Ownership Form: Direct (D) or Indirect (I)	Indirect Beneficial Ownership (Instr. 4)		
				Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)	(Instr. 4)		
Common Stock	07/28/2006			М	30,000	A		30,000	D		
Common Stock	07/28/2006			S	30,000	D	\$ 43.75	0	D		

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.

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

 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. Transactio Code (Instr. 8)			6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options (right to buy)	\$ 0.74	07/28/2006		М		30,000	01/30/2002	01/30/2012	Common Stock	30,000

## **Reporting Owners**

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
WAITLEY DENIS E 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120	Х							
Signatures								
Gilbert A. Fuller, as attorney in fact	08							
**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).

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.