WENTZ DAVE Form 4 February 14, 2005

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

3235-0287

Expires:

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subject to Section 16. Form 4 or Form 5 obligations may continue.

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if no longer

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

1(b).

(Print or Type Responses)

See Instruction

			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) 3838 WES	(Month/D ZEST PARKWAY BLVD 01/08/20			•				Director 10% Owner Selow) Other (give title Other (specify below) President		
CAITIAI	(Street)	Fi	. If Amendmen iled(Month/Day		U			6. Individual or Jo Applicable Line) _X_ Form filed by O Form filed by M	•	rson
SAL1 LAI (City)	(State)	(Zip)	Table I N	an F	Namiwatiwa (Person		. 0
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution D any (Month/Day	1 3. Date, if Trans Code	actio	4. Securit on(A) or Dis (Instr. 3, 4	ies Ac	equired	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
Common Stock	02/10/2005		Code S	V	Amount 23,000	(D)	Price \$ 40.89	295,000	D	
Common Stock	01/08/2004(1)		I	V	592 (1)	A	\$ 28.79	8,704	I	401k

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)

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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. Transacti Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)			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					07/30/2002	01/30/2012	Common Stock	150,000
Stock Options (Right to buy)	\$ 2.445					01/11/2001	01/11/2006	Common Stock	50,000

Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Oth		

Director 10% Owner Officer Other

WENTZ DAVE 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120

President

Signatures

Gilbert A. Fuller, as attorney-in-fact

02/14/2005

**Signature of Reporting Person

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 Reporting Person is voluntarily reporting his holdings of USANA shares, which were acquired in transactions pursuant to a 401K plan and exempt from Section 16(b) of the Securities Exchange Act of 1934, as amended, pursuant to Rule 16b-3(c).

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.

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