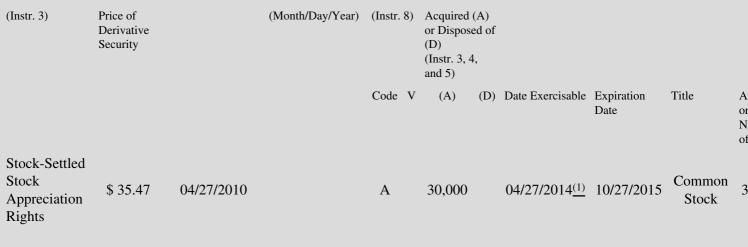
Bramble James										
Form 4										
April 29, 2010										
FORM 4 UNITED		TOU				NCE		т. Т	PPROVAL	
UNITED	STATES S		shington			NGE	COMMISSION	OMB Number:	3235-028	57
Check this box if no longer								Expires:	January 3 ⁻	
subject to STATEN	IENT OF	CHAN			ICIA	LO	WNERSHIP OF	Estimated	200 average	5
Section 16.	SECURITIES						burden hou			
Form 4 or Form 5 Filed pur			$(\cdot) = f \cdot i$		с т	71		response	0.	.5
abligations The put							nge Act of 1934, of 1935 or Section			
may continue.			inty Hor	•	-	•		011		
See Instruction 1(b).	50(11) 0.		ivestillent	Compa	Iy At		740			
1(0).										
(Print or Type Responses)										
1. Name and Address of Reporting Bramble James				5. Relationship o Issuer	5. Relationship of Reporting Person(s) to Issuer					
			USANA HEALTH SCIENCES INC							
		USNA					(Che	ck all applicabl	e)	
(Last) (First) (N	vliddle) 3	3. Date of	f Earliest T	ransaction			Director	109	6 Owner	
			(onth/Dav/Year)X			X Officer (giv below)	ve title Oth below)	er (specify		
3838 WEST PARKWAY BL	LVD. C	04/27/2	010				/	Counsel and Sec	cretary	
			If Amendment, Date Original			6. Individual or Joint/Group Filing(Check				
			ed(Month/Day/Year)				Applicable Line) _X_ Form filed by One Reporting Person			
SALT LAKE CITY, UT 841	20							More than One R		
(City) (State)	(Zip)	Tab	le I - Non-I	Derivative	Secu	rities A	cquired, Disposed o	of, or Beneficia	lly Owned	
1.Title of 2. Transaction Date	2A. Deemed	1	3.	4. Securit	ies		5. Amount of	6. Ownership	7. Nature of	
	Execution D	ate, if	Transactio					Form: Direct	Indirect	
(Instr. 3)	any (Month/Day)	(Year)	Code (Instr. 8)	Disposed (Instr. 3, 4			5	(D) or Indirect (I)	Ownership	
	(infoliai/Day)	, 1041)	(111541: 0)	(1150.5,	i una	5)		(Instr. 4)	(Instr. 4)	
					(A)		Reported			
					or		Transaction(s) (Instr. 3 and 4)			
			Code V	Amount	(D)	Price	(mour o und 1)			
Reminder: Report on a separate line	for each clas	ss of secu	urities benet	ficially ow	ned di	rectly o	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.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Am
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	orDerivative	Expiration Date	Underlying Secu
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)



Reporting Owners

Reporting Owner Name / Address	Relationships					
· · · · · · · · · · · · · · · · · · ·	Director	10% Owner	Officer	Other		
Bramble James 3838 WEST PARKWAY BLVD. SALT LAKE CITY, UT 84120			General Counsel and Secretary			
Signatures						

yna

Reporting Person

James Bramble	04/29/2010		
**Signature of	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).
- Stock-Settled Stock Appreciation Rights vest 50% on the fourth anniversary of the grant date and 50% on the fifth anniversary of the (1) grant date.

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.