Edgar Filing: USANA HEALTH SCIENCES INC - Form 4

USANA HEA Form 4 March 15, 20	ALTH SCIENC	ES INC									
FORM							OMB APPROVAL				
-		ITIES Al hington,			NGE (COMMISSION	OMB Number:	3235-0287			
Check thi if no long									Expires:	January 31,	
subject to Section 1	6. SIAIE	STATEMENT OF CHANGES IN BENEFICIAL OWNER SECURITIES							Estimated a burden hou		
Form 4 or Form 5			7 (* 1)		A (C1024	response 0.5					
Form 5 obligations may continue. See Instruction 1(b). 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								n			
(Print or Type F	Responses)										
MCCLAIN JERRY G Symbol USA			2. Issuer Symbol	Name and	Ticker or '	Tradin	ıg	5. Relationship of Reporting Person(s) to Issuer			
			USANA HEALTH SCIENCES INC [USNA]					(Check all applicable)			
(Last)	(Month/Da				ansaction			_X_Director10% Owner Officer (give titleOther (specify below)below)			
3838 WEST PARKWAY BLVD 0			03/13/20)06				,			
			endment, Date Original nth/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person 				
SALT LAK	E CITY, UT 84	120							fore than One Re		
(City)	(State)	(Zip)	Table	e I - Non-Do	erivative S	Securi	ties Acc	quired, Disposed of	f, or Beneficial	lly Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deemed Execution Date any (Month/Day/Year)		on Date, if	Date, if Transaction(A) or Disposed of Code (D)				5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
				Code V	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)			
Common Stock	03/13/2006			M	3,000	A	\$ 0.74	3,200	D		
Common Stock	03/13/2006			S	3,000	D	\$ 42	200	D		

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)

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. Transactic Code (Instr. 8)	5. Number onof Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercis Expiration Dat (Month/Day/Y	e	7. Title and A Underlying S (Instr. 3 and	Securities	8. D S (I
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Options (right to buy)	\$ 0.74	03/13/2006		М	:	3,000	07/30/2002	01/30/2012	Common Stock	3,000	

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
MCCLAIN JERRY G 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120	Х						
Signatures							
Gilbert A. Fuller, as attorney in fact	03/15/2006						
**Signature of Reporting Person		Date					
– 1 11 (–							

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.