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VENTER MUDONI W

Form 4												
August 02, 2									OMB AF	PROVAL		
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549									OMB Number:	3235-0287		
Check th if no lon subject t Section Form 4 c	so STATE 16.	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,								Expires: January 31, 2005 Estimated average burden hours per response 0.5		
Form 5 obligatio may con <i>See</i> Instr 1(b).	ons Section 17	(a) of the	Public U	Jtility Ho		pany	Act of 19	Act of 1934, 935 or Section				
(Print or Type	Responses)											
1. Name and Address of Reporting Person <u>*</u> WENTZ MYRON W			2. Issuer Name and Ticker or Trading Symbol					5. Relationship of Reporting Person(s) to Issuer				
		USAN [USNA		TH SCIEN	(Check	heck all applicable)						
				of Earliest T Day/Year) 2018	Transaction		_	XDirector10% Owner Officer (give titleOther (specify below) below)				
	WEST PARKW		0113112	2010								
	endment, D onth/Day/Yea	Date Original ar)		A	 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 							
SALT LAK	KE CITY, UT 84	120					Pe	_ Form filed by Me erson	ore than One Rej	porting		
(City)	(State)	(Zip)	Tab	ole I - Non-	Derivative S	Securi	ties Acquir	ed, Disposed of,	or Beneficiall	y Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		Date, if	3. 4. Securities Acquired (A Transaction Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or))	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)		
Common Stock	07/31/2018			Code V	Amount 100,000	(D) D	Price \$ 131.5	10,395,614	I	Shares owned of record by Gull Global Limited		
Common Stock	08/01/2018			S <u>(2)</u>	15,111	D	\$ 127.24 (3) (4)	10,380,503	I	(1) Shares owned of record by		

								Gull Global Limited
Common Stock	08/01/2018	S <u>(2)</u>	4,743	D	\$ 128.05 (4) (5)	10,375,760	I	Shares owned of record by Gull Global Limited (<u>1)</u>
Common Stock	08/01/2018	S <u>(2)</u>	1,200	D	\$ 129.21 (4) (6)	10,374,560	Ι	Shares owned of record by Gull Global Limited (1)
Common Stock	08/01/2018	S <u>(2)</u>	2,700	D	\$ 130.32 (4) (7)	10,371,860	Ι	Shares owned of record by Gull Global Limited (<u>1)</u>
Common Stock	08/01/2018	S <u>(2)</u>	1,500	D	\$ 131.09 (4) (8)	10,370,360	I	Shares owned of record by Gull Global Limited (1)
Common Stock	08/01/2018	S <u>(2)</u>	108	D	\$ 132.25 (4) (9)	10,370,252	I	Shares owned of record by Gull Global Limited (1)
Common Stock	08/02/2018	S <u>(2)</u>	500	D	\$ 127.68 (4) (10)	10,369,752	I	Shares owned of record by Gull Global Limited (1)
	08/02/2018	S(2)	5,002	D		10,364,750	Ι	

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Common Stock						\$ 128.78 (<u>4)</u> (<u>11)</u>			Shares owned o record b Gull Global Limited (1)	у	
Common Stock	08/02/20)18	S <u>(2)</u>	5,215		\$ 129.94 (<u>4)</u> (<u>12)</u>	10,359,535	I	Shares owned of record b Gull Global Limited (1)	ру	
Common Stock	08/02/20)18	S <u>(2)</u>	3,003		\$ 130.86 (4) (13)	10,356,532	I	Shares owned of record b Gull Global Limited (1)	ру	
Common Stock	08/02/20)18	S <u>(2)</u>	918		\$ 131.43 (<u>4)</u> (<u>14)</u>	10,355,614	I	Shares owned of record b Gull Global Limited (1)	ру	
Reminder: R	Report on a sep	parate line for each cla	ass of securities bene					an of s	YEC 1474		
	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.SEC 1474 (9-02)										
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)	of	er Expir (Mon ative ties	te Exercisable and ration Date th/Day/Year)	7. Title ar Amount o Underlyir Securities (Instr. 3 a	of Deri ng Secu s (Inst	vative I nity S r. 5) I	9. Nu Deriv Secu Bene Owne Follo

Acquired (A) or

Disposed

(Instr. 3, 4, and 5)

of (D)

 $Code \ V \ (A) \ (D)$

Security

Bene Own Follo Repo Trans (Insta

Title

3

DateExpirationExercisableDate

Amount or Number of Shares

Reporting Owners

Reporting Owner Name / Address

Director

Х

Relationships
10% Owner Officer Other

WENTZ MYRON W C/O USANA HEALTH SCIENCES, INC. 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120

Signatures

/s/ Valarie A. Hing, Attorney 08/02/2018 in fact

**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 holder of record of the shares of Common Stock disposed of is Gull Global Limited, an entity wholly indirectly owned and controlled by Dr. Myron W. Wentz.
- (2) The sales reported on this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the Reporting Person.
- (3) Weighted average price. Price range in multiple transactions was \$126.70 to \$127.65, inclusive.
- (4) The reporting person undertakes to provide USANA Health Sciences, Inc., any security holder thereof or the staff of the Securities and Exchange Commission information regarding the number of shares sold at each price within the ranges set forth.
- (5) Weighted average price. Price range in multiple transactions was \$127.70 to \$128.65, inclusive.
- (6) Weighted average price. Price range in multiple transactions was \$128.80 to \$129.75, inclusive.
- (7) Weighted average price. Price range in multiple transactions was \$129.80 to \$130.75, inclusive.
- (8) Weighted average price. Price range in multiple transactions was \$130.80 to \$131.75, inclusive.
- (9) Weighted average price. Price range in multiple transactions was \$132.25 to \$132.30, inclusive.
- (10) Weighted average price. Price range in multiple transactions was \$127.30 to \$128.25, inclusive.
- (11) Weighted average price. Price range in multiple transactions was \$128.30 to \$129.25, inclusive.
- (12) Weighted average price. Price range in multiple transactions was \$129.30 to \$130.25, inclusive.
- (13) Weighted average price. Price range in multiple transactions was \$130.30 to \$131.20, inclusive.
- (14) Weighted average price. Price range in multiple transactions was \$131.30 to \$131.55, inclusive.

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.