Edgar Filing: USANA HEALTH SCIENCES INC - Form 4

USANA HE Form 4 February 06	EALTH SCIENCE	ES INC								
FORM	ЛД							-	PPROVAL	
	UNITED	STATES		RITIES A			COMMISSIO	N OMB Number:	3235-0287	
Check this box if no longer subject to Section 16. Form 4 or Form 5 Form 5 Form 5 Form 5 Form 4 or Form 5 Form 4 or Form 5 Form 5 Form 4 or Form 5 Form 5 Form 5 Form 4 or Form 5 Form 5								Estimated burden hou response	irs per	
obligation may con <i>See</i> Instr 1(b).	ttinue. Section 17(a) of the H	Public U	Itility Hol	ding Cor		nge Act of 1934, of 1935 or Secti 940			
(Print or Type	Responses)									
Guest Kevin Symbol						Trading	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) 3838 WES	(Last) (First) (Middle) 3. Date o 3838 WEST PARKWAY BLVD 02/03/2				ransaction		below)	XOfficer (give titleOther (specify		
				led(Month/Day/Year) Applicab _X_Forr			Applicable Line) _X_ Form filed by	filed by One Reporting Person		
SALT LAK	KE CITY, UT 841	20					Form filed by Person	More than One R	eporting	
(City)	(State)	(Zip)	Tab	ole I - Non-I	Derivative	Securities A	cquired, Disposed	of, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution any	Date, if	3. Transactio Code (Instr. 8) Code V	Disposed (Instr. 3, 4	(A) or of (D)	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)	
Reminder: Re	port on a separate line	for each cla	ass of sec	urities benef	ficially ow	ned directly 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 Amo
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transaction	orDerivative	Expiration Date	Underlying Secu
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr.	8)	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)					
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	A or N of
Stock Settled Stock Appreciation Rights	\$ 57.62	02/03/2014		А		58,500		08/15/2016 <u>(1)</u>	03/15/2018	Common Stock	5

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Guest Kevin 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120			President of North America				
Signatures							
James Bramble, as attorney in fact	02/	06/2014					

<u>**</u>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) Stock-Settled Stock Appreciation Rights vest 50% on August 15, 2016 and 50% on August 15, 2017.

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.