Guest Kevin Form 3 February 24, 2006

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

OMB APPROVAL

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INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF **SECURITIES**

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

(Print or Type Responses)

1. Name and Address of Reporting

Person *

Guest Kevin

(Last)

(First)

(Middle)

Statement

(Month/Day/Year)

02/24/2006

2. Date of Event Requiring 3. Issuer Name and Ticker or Trading Symbol

USANA HEALTH SCIENCES INC [USNA]

3838 WEST PARKWAY BLVD

(Street)

4. Relationship of Reporting Person(s) to Issuer

Director

_X__ Officer

5. If Amendment, Date Original

6. Individual or Joint/Group

Filed(Month/Day/Year)

(State)

(Check all applicable)

E.V.P. of Marketing

10% Owner

Filing(Check Applicable Line) _X_ Form filed by One Reporting Other Person

(give title below) (specify below)

Form filed by More than One

Reporting Person

SALT LAKE CITY, UTÂ 84120

(City)

(Instr. 4)

1. Title of Security

(Zip)

Table I - Non-Derivative Securities Beneficially Owned

2. Amount of Securities Beneficially Owned

(Instr. 4)

Ownership Form:

4. Nature of Indirect Beneficial Ownership (Instr. 5)

Direct (D) or Indirect (I)

(Instr. 5)

Reminder: Report on a separate line for each class of securities beneficially

owned directly or indirectly.

SEC 1473 (7-02)

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 Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)

2. Date Exercisable and **Expiration Date** (Month/Day/Year)

3. Title and Amount of Securities Underlying **Derivative Security** (Instr. 4)

4. Conversion or Exercise

Price of

Derivative

5. Ownership Form of Derivative Security:

6. Nature of Indirect Beneficial Ownership (Instr. 5)

Date Exercisable Expiration

Date

Amount or Title Number of Shares

Security Direct (D) or Indirect (I)

(Instr. 5)

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Stock Options (right to buy)	02/24/2003(1)	02/24/2013	Common Stock	48,000	\$ 7.9	D	Â
Stock Options (right to buy)	02/18/2004(1)	02/18/2014	Common Stock	72,000	\$ 30.36	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships				
coporting of more value, reduced	Director	10% Owner	Officer	Other	
Guest Kevin 3838 WEST PARKWAY BLVD SALT LAKE CITY Â UTÂ 84120	Â	Â	E.V.P. of Marketing	Â	

Signatures

Kevin Guest 02/24/2006

**Signature of Person

**Bignature of Person

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 5(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) Options granted vest at 20% per year for five years, commencing on the first anniversary after the date indicated.

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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