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USANA HEALTH SCIENCES INC  
Form 8-K  
September 23, 2003

UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION

WASHINGTON, D.C. 20549

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FORM 8-K  
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CURRENT REPORT

Pursuant to Section 13 or 15(d) of  
The Securities Exchange Act of 1934

Date of Report (Date of Earliest Event Reported):  
September 23, 2003

USANA HEALTH SCIENCES, INC.

(Exact name of registrant as specified in its charter)

Commission File No. 0-21116

Utah

87-0500306

(State or other jurisdiction of  
incorporation)

(IRS Employer Identification  
Number)

3838 West Parkway Boulevard  
Salt Lake City, Utah 84120  
(Address of principal executive offices, Zip Code)

Registrant's telephone number, including area code: (801) 954-7100

Former name or former address, if changed since last report: Not Applicable

Item 9. Regulation FD Disclosure

On September 23, 2003, USANA Health Sciences, Inc. issued a press release updating its estimate for sales and earnings per share for the third quarter of fiscal 2003. The press release dated September 23, 2003 updated the previous sales and earnings per share guidance provided by the company in a press release dated July 15, 2003, previously furnished on Form 8-K. A copy of the press release dated September 23, 2003 is furnished herewith as Exhibit 99.1 to this Form 8-K and is incorporated herein by reference. The company will also post the press release on its corporate website, [www.usanahealthsciences.com](http://www.usanahealthsciences.com) under the "investor relations" link.

The information in this Current Report is being furnished and shall not be deemed "filed" for the purposes of Section 18 of the Securities and Exchange Act of 1934, as amended, or otherwise subject to the liabilities of that Section. The information in this Current Report shall not be incorporated by reference into any registration statement or other document pursuant to the Securities Act of 1933, as amended. The furnishing of the information in this Current Report is not intended to, and does not, constitute a representation that such furnishing is required by Regulation FD or that the information this Current Report contains is material investor information that is not otherwise publicly

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available.

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SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned thereunto duly authorized.

USANA HEALTH SCIENCES, INC.

By: /s/ Gilbert A. Fuller

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Gilbert A. Fuller, Chief Financial Officer

Date: September 23, 2003

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