Edgar Filing: MCCLAIN JERRY G - Form 4

MCCLAIN J Form 4	ERRY G										
October 20, 2									OMB AF	PROVAL	
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSIO Washington, D.C. 20549							OMMISSION	OMB Number:	3235-0287		
Check thi if no long subject to Section 1 Form 4 or Form 5	6.	box STATEMENT OF CHAN						Estimate burden h response			
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											
(Print or Type R	Responses)										
1. Name and Address of Reporting Person <u>*</u> MCCLAIN JERRY G			2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) 3838 WEST	(Last) (First) (Middle) 3838 WEST PARKWAY BLVD			[USNA] 3. Date of Earliest Transaction (Month/Day/Year) 10/16/2008				X_ Director 10% Owner Officer (give title Other (specify below) below)			
				. If Amendment, Date Original ïled(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
SALT LAK	E CITY, UT 841	20						Form filed by M Person	ore than One Re	porting	
(City)	(State)	(Zip)	Table	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deemed Execution Date any (Month/Day/Year)		Date, if Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5)				d of (D)	Securities Beneficially Owned	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	10/16/2008			М	2,000	А	\$ 0.74	2,200	D		
Common Stock	10/16/2008			S	2,000	D	\$ 42.36 (1)	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. Transacti Code (Instr. 8)	5. Number ctionof Derivative Securities 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		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	10/16/2008		М	2,	,000	07/30/2002	01/30/2012	Common Stock	2,000	

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							
James Bramble, as attorney in fact	10/	20/2008					
**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) Average Price. Price Range was \$41.85 to \$42.74.

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.