

Bramble James  
Form 3  
July 31, 2008

# FORM 3 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 \*

Â Bramble James

(Last) (First) (Middle)

3838 WEST PARKWAY BLVD.

(Street)

SALT LAKE  
CITY, Â UT Â 84120

(City) (State) (Zip)

2. Date of Event Requiring  
Statement

(Month/Day/Year)

07/23/2008

3. Issuer Name **and** Ticker or Trading Symbol

USANA HEALTH SCIENCES INC [USNA]

4. Relationship of Reporting  
Person(s) to Issuer

5. If Amendment, Date Original  
Filed(Month/Day/Year)

(Check all applicable)

\_\_\_ Director \_\_\_ 10% Owner

\_\_\_ Officer \_\_\_X\_\_\_ Other

(give title below) (specify below)

General Counsel and Secretary

6. Individual or Joint/Group

Filing(Check Applicable Line)

\_\_\_X\_\_\_ Form filed by One Reporting  
Person

\_\_\_ Form filed by More than One  
Reporting Person

### Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security  
(Instr. 4)

2. Amount of Securities  
Beneficially Owned  
(Instr. 4)

3. Ownership  
Form:  
Direct (D)  
or Indirect  
(I)  
(Instr. 5)

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

Common Stock

390 <sup>(1)</sup>

I

401(k)

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  
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### 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  
Security

5. Ownership  
Form of  
Derivative  
Security:  
Direct (D)  
or Indirect

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

Date Exercisable Expiration  
Date Date

Title Amount or  
Number of

# Edgar Filing: Bramble James - Form 3

|                                         |                           |            |              | Shares |          | (I)<br>(Instr. 5) |   |
|-----------------------------------------|---------------------------|------------|--------------|--------|----------|-------------------|---|
| Stock Options (right to buy)            | 07/19/2006 <sup>(2)</sup> | 10/17/2010 | Common Stock | 6,000  | \$ 27.69 | D                 | Â |
| Stock-Settled Stock Appreciation Rights | 04/26/2007 <sup>(3)</sup> | 07/26/2011 | Common Stock | 25,000 | \$ 37.6  | D                 | Â |
| Stock-Settled Stock Appreciation Rights | 04/19/2008 <sup>(3)</sup> | 10/19/2012 | Common Stock | 16,000 | \$ 40.59 | D                 | Â |
| Stock-Settled Stock Appreciation Rights | 07/21/2009 <sup>(3)</sup> | 01/21/2014 | Common Stock | 82,500 | \$ 26.06 | D                 | Â |

## Reporting Owners

| Reporting Owner Name / Address                                       | Relationships |           |         |                               |
|----------------------------------------------------------------------|---------------|-----------|---------|-------------------------------|
|                                                                      | Director      | 10% Owner | Officer | Other                         |
| Bramble James<br>3838 WEST PARKWAY BLVD.<br>SALT LAKE CITY, UT 84120 | Â             | Â         | Â       | General Counsel and Secretary |

## Signatures

James Bramble 07/31/2008

\_\_Signature of  
Reporting Person

Date

## 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) Shares held in the filer's 401(k) as of July 23, 2008.

(2) Options granted vest at 20% per year for five years, commencing on the second anniversary of the grant date.

(3) Options granted vest at 20% per year for five years, commencing on the first anniversary of the grant 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.