

April 5, 2019



USANA Schedules First Quarter Earnings Release and Conference Call

SALT LAKE CITY--(BUSINESS WIRE)-- USANA Health Sciences, Inc. (NYSE:USNA) today announced that first quarter results will be released after the close of market Tuesday, April 30, 2019. Shortly following the issuance of the Company's earnings release, the Company will post a "Management Commentary, Results and Outlook" document on the Company's website (<http://ir.usana.com>) under the "Investor Relations" section of the site. The following morning at 11:00 a.m. Eastern Time, USANA will hold a conference call to discuss this announcement with analysts and institutional investors.

The call will be broadcast over the Internet and can be accessed at <http://ir.usana.com>.

About USANA

USANA develops and manufactures high-quality nutritional supplements, healthy foods and personal care products that are sold directly to Associates and Preferred Customers throughout the United States, Canada, Australia, New Zealand, Hong Kong, China, Japan, Taiwan, South Korea, Singapore, Mexico, Malaysia, the Philippines, the Netherlands, the United Kingdom, Thailand, France, Belgium, Colombia, Indonesia, Italy, Romania, Spain, and Germany. More information on USANA can be found at <https://www.usana.com>.

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