

January 22, 2007



USANA Schedules Fourth Quarter and Year End 2006 Earnings Release and Conference Call

SALT LAKE CITY--(BUSINESS WIRE)--

USANA Health Sciences, Inc. (NASDAQ:USNA) today announced that fourth quarter and year end 2006 results will be released after the close of market Tuesday, February 6, 2007. USANA executives will hold a conference call to discuss the announcement with analysts and institutional investors on Wednesday, February 7, 2007 at 11:00 a.m. ET.

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

The webcast is also being distributed over Thomson/CCBN's Investor Distribution Network to both institutional and individual investors. Individual investors can listen to the call through Thomson/CCBN's individual investor center at www.fulldisclosure.com or by visiting any of the investor sites in Thomson/CCBN's Individual Investor Network. Institutional investors can access the call via Thomson/CCBN's password-protected event management site, StreetEvents (www.streetevents.com).

For those who cannot listen to the live broadcast, a replay will be available shortly after the call. In addition to the online broadcast, a phone replay of the conference call will be available by dialing 800-405-2236 or 303-590-3000, passcode 11082666#.

USANA develops and manufactures high quality nutritional and personal care products that are sold directly to Preferred Customers and Associates throughout the United States, Canada, Australia, New Zealand, Hong Kong, Japan, Taiwan, South Korea, Singapore, Mexico, Malaysia, the Netherlands and the United Kingdom. More information on USANA can be found at <http://www.usanahealthsciences.com>.

Source: USANA Health Sciences, Inc.