

July 11, 2016



USANA Schedules Second Quarter Earnings Release and Conference Call

SALT LAKE CITY--(BUSINESS WIRE)-- USANA Health Sciences, Inc. (NYSE:USNA) today announced that second quarter results will be released after the close of market Tuesday, July 26, 2016. 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 (www.usanahealthsciences.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 consist of brief remarks by the Company's management team, before moving directly into questions and answers.

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

About USANA

USANA develops and manufactures high-quality nutritional supplements, healthy-food and personal care products that are sold directly to Associates and Preferred Customers throughout the United States, Canada, Australia, New Zealand, Hong Kong, Japan, Taiwan, South Korea, Singapore, Mexico, Malaysia, the Philippines, the Netherlands, the United Kingdom, Thailand, France, Belgium, Colombia and Indonesia. Additionally, USANA's wholly-owned subsidiary, BabyCare, Ltd., operates a direct selling business in China. More information on USANA can be found at <http://www.usanahealthsciences.com>.

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