### FORM 4

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION**  
Washington, D.C. 20549

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934  
or Section 30(h) of the Investment Company Act of 1940

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1. **Name and Address of Reporting Person**  
   SMOLYANSKY LUDMILA  
   C/O LIFEWAY FOODS, INC.  
   6431 W. OAKTON ST  
   Morton Grove, IL 60053

2. **Issuer Name and Ticker or Trading Symbol**  
   LIFEWAY FOODS INC [LWAY]

3. **Date of Earliest Transaction (Month/Day/Year)**  
   06/19/2013

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**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

<table>
<thead>
<tr>
<th>Title of Security</th>
<th>Transaction Date</th>
<th>Deemed Execution Date</th>
<th>Transaction Code</th>
<th>Securities Acquired or Disposed Of</th>
<th>Amount</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common stock, no par value</td>
<td>06/19/2013</td>
<td>S</td>
<td>1,000</td>
<td>D</td>
<td>$17.11</td>
<td>7,399,584</td>
</tr>
</tbody>
</table>

**Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned**

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**Explanation of Responses:**

1. The shares are held by the Ludmila Smolyansky Trust 2/1/05, of which Ludmila Smolyansky is the trustee.

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**Signature of Reporting Person**  
/s/ Ludmila Smolyansky  
06/21/2013

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**Reminder:** Report on a separate line for each class of securities beneficially owned directly or indirectly.

* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).


**Note:** File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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