

SEC Form 4

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL	
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1 (b).

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

1. Name and Address of Reporting Person* SMOLYANSKY LUDMILA (Last) (First) (Middle) C/O LIFEWAY FOODS, INC. 6431 W. OAKTON ST. (Street) MORTON GROVE IL 60053 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol LIFEWAY FOODS INC [LWAY]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director <input checked="" type="checkbox"/> 10% Owner Officer (give title below) Other (specify below)
	3. Date of Earliest Transaction (Month/Day/Year) 10/24/2011	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

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

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction (s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common stock, no par value	10/24/2011		S		3,500	D	\$10.8	7,422,852 ⁽³⁾	I	See Footnote (1)
Common stock, no par value	10/24/2011		S		1,250	D	\$10.86	7,421,602	I	See Footnote (1)
Common stock, no par value	10/24/2011		S		1,500	D	\$10.87	7,420,102	I	See Footnote (1)
Common stock, no par value	10/24/2011		S		518	D	\$10.88	7,419,584	I	See Footnote (1)
Common stock, no par value	10/24/2011		S		600	D	\$10.94	7,418,984	I	See Footnote (1)
Common stock, no par value	10/24/2011		S		200	D	\$10.95	7,418,784	I	See Footnote (1)
Common stock, no par	10/24/2011		S		2,684	D	\$10.96	7,416,100	I	See Footnote

value									(1)
Common stock, no par value	10/24/2011		s	49	D	\$10.99	7,416,051	I	See Footnote (1)
Common stock, no par value	10/24/2011		s	267	D	\$11.03	7,415,784	I	See Footnote (1)
Common stock, no par value	10/25/2011		s	300	D	\$10.65	7,415,484	I	See Footnote (1)
Common stock, no par value							15,000	I	See Footnote (2)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 5)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date			

Explanation of Responses:

- The shares are held by the Ludmila Smolyansky Trust 2/1/05, of which Ludmila Smolyansky is the trustee.
- The shares are held by The Smolyansky Foundation, of which Ludmila Smolyansky is a trustee.
- All of the shares were transferred to the Ludmila Smolyansky Trust 2/1/05, of which Ludmila Smolyansky is the sole beneficiary and sole trustee. The transfer constituted a change in form of beneficial ownership under Rule 16a-13.

By: /s/ Ludmila Smolyansky 10/27/2011

** Signature of Reporting Person Date

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).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.