1. Name and Address of Reporting Person
SMOLYANSKY LUDMILA

(Last) (First) (Middle)
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 ]

5. Relationship of Reporting Person(s) to Issuer
X Director X 10% Owner
Officer (give title below)
Other (specify below)

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

<table>
<thead>
<tr>
<th>Title of Security (Instr. 3)</th>
<th>Transaction Date (Month/Day/Year)</th>
<th>2A. Deemed Execution Date, if any (Month/Day/Year)</th>
<th>3. Transaction Code (Instr. 8)</th>
<th>4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)</th>
<th>5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)</th>
<th>6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)</th>
<th>7. Nature of Indirect Beneficial Ownership (Instr. 4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common stock, no par value</td>
<td>12/20/2015</td>
<td>G V</td>
<td>14,731</td>
<td>D $0</td>
<td>6,765,968</td>
<td>I</td>
<td>See Footnote (1)</td>
</tr>
<tr>
<td>Common stock, no par value</td>
<td>02/03/2016</td>
<td>S</td>
<td>3,000</td>
<td>D $12.09</td>
<td>6,762,968</td>
<td>I</td>
<td>See Footnote (1)</td>
</tr>
<tr>
<td>Common stock, no par value</td>
<td>02/04/2016</td>
<td>S</td>
<td>5,000</td>
<td>D $12.02</td>
<td>6,757,968</td>
<td>I</td>
<td>See Footnote (1)</td>
</tr>
<tr>
<td>Common stock, no par value</td>
<td>12/20/2015</td>
<td>G V</td>
<td>10,000</td>
<td>A $0</td>
<td>10,000</td>
<td>I</td>
<td>See Footnote (2)</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Title of Derivative Security (Instr. 3)</th>
<th>Conversion or Exercise Price of Derivative Security</th>
<th>Transaction Date (Month/Day/Year)</th>
<th>3A. Deemed Execution Date, if any (Month/Day/Year)</th>
<th>4. Transaction Code (Instr. 8)</th>
<th>5. Number of Derivative Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)</th>
<th>6. Date Exercisable and Expiration Date (Month/Day/Year)</th>
<th>7. Title and Amount of Derivative Securities Underlying Derivative Security (Instr. 3 and 4)</th>
<th>8. Price of Derivative Security (Instr. 5)</th>
<th>9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)</th>
<th>10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)</th>
<th>11. Nature of Indirect Beneficial Ownership (Instr. 4)</th>
</tr>
</thead>
</table>

Explanation of Responses:
1. The shares are held by the Ludmila Smolyansky Trust 2/1/05, of which Ludmila Smolyansky is the trustee.
2. The shares are held by The Smolyansky Family Foundation, of which Ludmila Smolyansky is the trustee.

/s/ Ludmila Smolyansky 02/05/2016
** 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).
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.