SEC Form 4

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB	APPROVAL

OMB Number: 3235-0287

Estimated average burden hours per response: 0.5

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

1 Name o	nd Address of	Reporting Por	rson*							ompany Act o	1940	5. F	Relationship	o of Repor	ting Per	son(s) to	ssuer		
1. Name and Address of Reporting Person* SMOLYANSKY EDWARD						2. Issuer Name and Ticker or Trading Symbol Lifeway Foods, Inc. [LWAY]								Relationship of Reporting Person(s) to Issuer (Check all applicable) Director X 10% Owner					
					3. Date of Earliest Transaction (Month/Day/Year)								Office	er (give title		Other	(specify		
(Last) (First) (Middle) 1219 N. WELLS ST.					03/	28/2023	3					below) below)							
					4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Individual or Joint/Group Filing (Check Applicable Line)						
(044)														filed by O	ne Repo	orting Per	son		
(Street) CHICAGO IL 60610					X Form filed by One Reporting Person Form filed by More than One Reporting Person														
(City) (State) (Zip)				Rule 10b5-1(c) Transaction Indication															
										nsaction was mitions of Rule 1				uction or wr	itten plan	that is inte	ended to		
		Ta	able I - N	Non-Deriva	ative	Secur	rities Ac	quire	d, Di	isposed o	f, or B	eneficia	Ily Own	ed					
Da			2. Transaction Date (Month/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)		3. Transaction Code (Instr. 8)					Securiti Benefic	5. Amount of Securities Beneficially Owned Following		Direct Indirect	7. Nature of Indirect Beneficial Ownership			
								Code	v	Amount	(A) or (D)	Price	Reporte Transac (Instr. 3	ction(s)			(Instr. 4)		
Common	Stock, no j	par value		03/28/20	23			S		5,000	D	\$5.95	1,43	32,439]	D			
Common	Stock, no j	par value		03/28/20	23			S		13,000	D	\$5.9	1,41	9,439]	D			
Common Stock, no par value			03/28/2023				S		7,300	D	\$6	1,412,139]	D				
Common Stock, no par value				03/28/20	23			S		1,100	D	\$5.96	1,41	1,039]	D			
Common Stock, no par value			03/28/20	23			S		1,600	D	\$5.91	5.91 1,409,439]	D				
Common Stock, no par value				03/30/20	23			S		10,000	D	\$6	1,399,439]	D			
Common Stock, no par value			03/30/2023				S	L	786	D	\$6.049	049 1,398,653]	D				
Common Stock, no par value				03/30/2023		<u> </u>		S		200	D	\$6.0212	2 1,39	08,453]	D			
Common Stock, no par value				03/30/2023		ļ		S		14	D	\$6.020	.0202 1,398,439]	D			
Common Stock, no par value				03/30/2023				S		4,000	D	\$6.0113	1,394,439]	D			
Common Stock, no par value													833	3,333			See footnote(
Common Stock, no par value													500,000				See footnote ⁽		
			Table	I - Derivati									y Owne	d					
1. Title of	2.	3. Transaction	n 3A.	Deemed	4.	calls, warrants		6. Date Exe		rcisable and	7. Title	and	8. Price of 9. Number				11. Natu		
Derivative Security (Instr. 3)	or Exercise (Month/Day/Year) if an				saction e (Instr. of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)				Date	Amour Securi Underl Deriva	nt of ties lying tive ty (Instr.	Security (Instr. 5) Security Benefic Owned Following Reporter Transactions	derivativ Securitie Beneficia Owned Followin Reported Transact (Instr. 4)	Form: Direct (I or Indire (I) (Instr d tion(s)		Benefic Owners t (Instr. 4			
												Amount or							
	I						1 1	1		1	1 1	٠.		1	- 1				

1	I		I I								Number		
	1							Date	Expiration		of		
				Code	٧	(A)	(D)	Exercisable	Date	Title	Shares		

Explanation of Responses:

- 1. Beneficially held by the Edward Smolyansky Trust 2/2/16, of which Edward Smolyansky is the trustee.
- 2. Held by Smolyansky Holding LLC. The reporting person disclaims beneficial ownership of such shares except to the extent of any pecuniary interest therein.

/s/ Edward Smolyansky 03/30/2023

** 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.