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Cunningham Form 4	John H										
February 13,	2019										
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FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMP Washington, D.C. 20549						OMMISSION	OMB Number:	3235-0287			
Check thi if no long subject to Section 1 Form 4 ou Form 5 obligation may conti See Instru	6. Filed pur Section 17(STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES 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								January 31, 2005Estimated average burden hours per response0.5	
1(b). (Print or Type R	Pasnonsas)										
(I fint of Type R	(esponses)										
Cunningham John H Sy Al			Symbol	2. Issuer Name and Ticker or Trading Symbol				5. Relationship of Reporting Person(s) to Issuer			
			ALEXANDRIA REAL ESTATE EQUITIES INC [ARE]					(Check all applicable)			
(Mo				8. Date of Earliest Transaction Month/Day/Year))2/11/2019				Director 10% Owner X Officer (give title Other (specify below) below) EVP - Regional Market Director			
299											
	(Street) 4. If Ame Filed(Mor				ate Origina r)	ıl		6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
PASADENA	A, CA 91101							Form filed by M Person	ore than One Rej	porting	
(City)	(State)	(Zip)	Tabl	le I - Non-I	Derivative	Secur	ities Acqu	iired, Disposed of,	or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		n Date, if	3. Transactic Code (Instr. 8) Code V	on(A) or Di (Instr. 3,	ispose	d of (D)	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)	
Common Stock	02/11/2019			S	5,000	D	\$ 132.26	51,045	D		

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

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 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)	4. Transactic Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Secur	unt of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owna Follo Repo Trans (Instr
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address		Relationships					
	Director	10% Owner	Officer	Other			
Cunningham John H C/O ALEXANDRIA REAL ESTATE EQUITIES, INC 385 EAST COLORADO BLVD. SUITE 299 PASADENA, CA 91101			EVP - Regional Market Director				
Signatures							
/s/ Ron Metzger, Attorney-in-Fact 02/12/2	2019						

**Signature of Reporting Person

Date

Explanation of Responses:

* 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. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.