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SMOLYAN	SKY LUDMILA											
Form 4	0017											
December 20											PPROVAL	
FORM	14 UNITED	STATES						IGE C	OMMISSION	OMB	3235-0287	
Check this box				shington, D.C. 20549						Number:	January 31,	
if no longer subject to Section 16. Form 4 or						BENEFI(ITIES	CIAI	L OWI	NERSHIP OF	Expires: Estimated a burden hou response	2005 average	
Form 5 obligatio may cont <i>See</i> Instru 1(b).	ns Section 17(a	a) of the		ility H	Iold	ing Com	pany	Act of	e Act of 1934, 1935 or Section 0			
(Print or Type I	Responses)											
	Address of Reporting I		Symbol			Ticker or T	-		5. Relationship of Issuer	Reporting Pers	son(s) to	
(Last)	(First) (N	Middle)	LIFEWAY FOODS INC [LWAY] 3. Date of Earliest Transaction				(Check all applicable)					
				th/Day/Year)					X Director Officer (give below)	title Other below)	b Owner er (specify	
Filed(Mor				endment, Date Original nth/Day/Year)					 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 			
MORION	GROVE, IL 6005	3							Person			
(City)	(State)	(Zip)	Tabl	e I - No	on-D	erivative S	ecurit	ies Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Executio any	med n Date, if Day/Year)	3. Transa Code (Instr.		4. Securit n(A) or Dis (Instr. 3, 4	sposed	of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
				Code	v	Amount	or (D)	Price	(Instr. 3 and 4)			
Common Stock, no par value	12/18/2017			S	·	856	D	\$ 8.03	6,738,168	I	See footnote (1)	
Common Stock, no par value	12/20/2017			S		109	D	\$ 7.58	6,738,059	I	See footnote (1)	
Common Stock, no par value	12/21/2017			S		500	D	\$ 7.8	6,737,559	I	See footnote (1)	
Common Stock, no	12/21/2017			G	V	1,797	D	\$0	6,735,762	Ι	See footnote (1)	

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par value

Common Stock, no par value	12/21/2017	G	V	898	D	\$0	6,734,864	Ι	See footnote (1)
Common Stock, no par value	12/21/2017	G	V	898	D	\$0	6,733,966	I	See footnote (1)
Common Stock, no par value	12/21/2017	G	V	10,000	D	\$0	6,723,966	I	See footnote (1)
Common Stock, no par value	12/21/2017	G	V	10,000	А	\$0	27,343	I	See footnote (2)

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

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 control number.

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

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exer	cisable and	7. Titl	le and	8. Price of	9. Nu
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onNumber	Expiration D	ate	Amou	int of	Derivative	Deriv
Security	or Exercise		any	Code	of	(Month/Day/	'Year)	Under	rlying	Security	Secu
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Secur	ities	(Instr. 5)	Bene
	Derivative				Securities			(Instr.	3 and 4)		Owne
	Security				Acquired						Follo
					(A) or						Repo
					Disposed						Trans
					of (D)						(Instr
					(Instr. 3,						
					4, and 5)						
									Amount		
						Date	Expiration		or		
							•	Title			
				Code V	(A) (D)				Shares		
				Code V	of (D) (Instr. 3, 4, and 5)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
SMOLYANSKY LUDMILA C/O LIFEWAY FOODS, INC. 6431 OAKTON STREET MORTON GROVE, IL 60053	Х	Х					

Signatures

/s/ Ludmila Smolyansky

12/26/2017

Signature	of Reporting
Pe	rson

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).
- (1) Held by the Ludmila Smolyansky Trust 2/1/05, of which Ludmila Smolyansky is the trustee
- (2) Held by The Smolyansky Family Foundation, of which Ludmila Smolyansky is the trustee.

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.