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SEC Form 4

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL OMB 3235-0287 Number: November 30, Expires: 2011 Estimated average burden hours per 0.5

response:

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, 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					2. Issuer Name and Ticker or Trading Symbol LIFEWAY FOODS INC [LWAY]							Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director X 10% Owner				
(Last) (First) (Middle) C/O LIFEWAY FOODS, INC. 6431 W. OAKTON ST.							Transac	ction (M	r)	Officer (give (specify below)						
(Street) MORTON GROVE IL 60053							ate of (Origina	App	X Form filed by One Reporting Person Form filed by More than One						
,																
1. Title of Security (Instr. 3) 2. Transaction Date				action	2A. Deemed Execution Date,		3. Transaction Code (Instr. 8)		4. Securities Acquired			5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
							Code	v	Amount	(A) or (D)	Price	Reported Transaction (s) (Instr. 3 and 4)	(I) (Instr. 4)			
Common stock, no par value			09/20	5/2011			G	V	57,378	D	\$0	7,370,974	D			
Common stock, no par value			09/20	5/2011			G	V	57,378	A	\$0	57,378	I	See Footnote		
Common stock, no par value			10/19	9/2011			S		2,000	D	\$10.6	55,378	I	See Footnote		
Common stock, no par value					·							15,000	I	See Footnote		
			Table											vned		
or Exer Price o Derivat	cise f ive	Date Execution (Month/Day/Year) if any		Execution if any	n Date,		of Derivative Securities Acquired (A) or Disposed of (D)		Expiration (Month/I	on Da	te	Amount of Securities Underlying Derivative Security	Derivati Security (Instr. 5	ve of derivative		
	YAN (() FEWA' . OAK' ON I Security stock stock stock stock stock stock converged or Exery Price of Derivation	(First) (First	(First) (First) (FEWAY FOODS, IN. OAKTON ST. ON IL (State) Table I - Not Security (Instr. 3) 1 stock, no par	(First) (Middle) FEWAY FOODS, INC. OAKTON ST. ON IL 60053 (State) (Zip) Table I - Non-Deriv Security (Instr. 3) 1 stock, no par 1 o9/20 1 stock, no par 1 o9/20 1 stock, no par 1 o9/20 1 stock, no par 1 oy/19 1 stock, no par 1 oy/19 1 stock, no par	(First) (Middle) (First) (Middle) (FEWAY FOODS, INC. OAKTON ST. ON IL 60053 (State) (Zip) Table I - Non-Derivative Security (Instr. 3) 2. Transaction Date (Month/Day/Year) 1 stock, no par 1 o9/26/2011 1 stock, no par 1 o9/26/2011 1 stock, no par Table II - Der (e.g.) 2. Conversion or Exercise Price of Derivative (Month/Day/Year) 2. Conversion or Exercise Price of Derivative (Month/Day/Year) 2. Conversion or Exercise Price of Derivative (Month/Day/Year) 3. Transaction Date (Month/Day/Year) (Month/Day/Year)	Conversion or Exercise Price of Derivative P	(First) (Middle) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (First) (Middle) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (First) (Middle) (Month/Day/Year)	LIFEWAY FOOD	Code Code	LIFEWAY FOODS INC LW	LifeWay Foods Inc Lway	Security (Instr. 3) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) 3. Date of Earliest Transaction (Month/Day/Year) 4. If Amendment, Date of Original Filed (Month/Day/Year) 4. Securities Acquired (A) or Disposed of, or Ben Security (Instr. 3) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 3. Transaction Code (Instr. 3, 4 and 5) 4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) 4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) 5. Security (Instr. 3) 5	LifeWay Foods Inc Lway Check all applicat Check all application Check all applic	LIFEWAY FOODS INC LWAY Susuer (Check all applicable) Check all applicable X Director X 10		

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									Amount or Number	
		Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	of	

Explanation of Responses:

- 1. The shares are held by The Smolyansky Foundation, of which Ludmila Smolyansky is a trustee.
- 2. The shares are held by the Ludmila Smolyansky Trust 2/1/05, of which Ludmila Smolyansky is a trustee.

By: /s/ Ludmila

10/21/2011

Smolyansky

** 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.