

SMOLYANSKY LUDMILA  
Form 4  
March 12, 2010

**FORM 4**

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549**

OMB APPROVAL

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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 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

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
SMOLYANSKY LUDMILA

2. Issuer Name and Ticker or Trading Symbol  
LIFEWAY FOODS INC [LWAY]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)  
03/10/2010

Director  10% Owner  
 Officer (give title below)  Other (specify below)

C/O LIFEWAY FOODS, INC., 6431 W. OAKTON STREET

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)  
 Form filed by One Reporting Person  
 Form filed by More than One Reporting Person

MORTON GROVE, IL 60053

(City) (State) (Zip)

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

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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)
			Code	V	Amount (A) or (D) Price		
Common stock, no par value	03/10/2010		S		700	D	\$ 11.93 7,519,654 D
Common stock, no par value	03/10/2010		S		1,000	D	\$ 11.9355 7,518,654 D
Common stock, no par value	03/10/2010		S		410	D	\$ 11.94 7,518,244 D
Common stock, no par value	03/10/2010		S		300	D	\$ 11.96 7,517,944 D

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par value								
Common stock, no par value	03/10/2010	S	103	D	\$ 11.97	7,517,841	D	
Common stock, no par value	03/10/2010	S	15	D	\$ 11.99	7,517,826	D	
Common stock, no par value	03/12/2010	S	800	D	\$ 11.99	7,517,026	D	
Common stock, no par value	03/12/2010	S	1,200	D	\$ 11.98	7,515,826	D	
Common stock, no par value	03/12/2010	S	100	D	\$ 11.9801	7,515,726	D	
Common stock, no par value	03/12/2010	S	23	D	\$ 11.9701	7,515,703	D	
Common stock, no par value	03/12/2010	S	100	D	\$ 11.9401	7,515,603	D	
Common stock, no par value	03/12/2010	S	200	D	\$ 11.9001	7,515,403	D	
Common stock, no par value	03/12/2010	S	49	D	\$ 11.9	7,515,354	D	

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.**

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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)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned (Instr. 6)
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