

SunOpta Inc.
Form 4/A
May 27, 2014

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 *
Ruelle John

(Last) (First) (Middle)

C/O 5850 OPUS PARKWAY, #150

(Street)

MINNETONKA, MN 55343

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
SunOpta Inc. [STKL]

3. Date of Earliest Transaction
(Month/Day/Year)
03/14/2014

4. If Amendment, Date Original Filed(Month/Day/Year)
03/18/2014

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

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

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

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 Ownership (Instr. 4)
				(A) or (D)	Amount or Price		
Common Shares	03/14/2014		S	V	4,306 (1)	D	\$ 10.84
					14,614	(2) (3)	D

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

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SEC 1474 (9-02)

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

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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 (Instr. 8)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Amount or Number of Shares
Stock Options	\$ 5.74 ⁽⁴⁾	03/14/2014		M	7,800	10/06/2009 10/06/2014	Common Shares	7,800

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Ruelle John C/O 5850 OPUS PARKWAY, #150 MINNETONKA, MN 55343			VP & CAO	

Signatures

John Ruelle 05/27/2014
**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).

This amended Form 4 is being filed to correct a number of inaccuracies in the original Form 4 filed on March 18, 2014. The original

(1) Form 4 incorrectly reported a sale of 7,800 common shares. The correct amount sold by the reporting person was only 4,306 common shares.

(2) The original form 4 incorrectly reported that the amount of securities beneficially owned following the sale of common shares was 11,126 common shares. Following the sale of 4,306 common shares, the reporting person beneficially owned 14,614 common shares.

(3) The original Form 4 incorrectly reported a purchase of 3,494 shares of common stock that did not in fact occur. The reporting person acquired 7,800 shares pursuant to the option price reported in the original Form 4, sold 4,306 of those shares and retained the balance of 3,494 shares. As of March 14, 2014, following the sale of 4,306 common shares, the reporting person beneficially owned 14,614 common shares.

(4) The original Form 4 incorrectly reported an exercise price of \$7,800. The correct exercise price was \$5.74 per stock option.

(5) The original Form 4 incorrectly reported a price of derivative security of \$5.74. The correct price of the derivative security is \$0.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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