## Edgar Filing: SunOpta Inc. - Form 4

SunOnta Inc

SunOpta Inc. Form 4									
May 27, 201	4								
FORM	<b>14</b> UNITED STA		AND EXCHAI	NGE COMMISSION	OMB APPROVAL OMB 3235-024 Number:	3235-0287 January 31, 2005 erage per 0.5			
Check thi if no long subject to Section 1 Form 4 o Form 5 obligation may cont <i>See</i> Instru 1(b).	section 17(a) of 3	T OF CHANGES I SECU to Section 16(a) of	N BENEFICIA JRITIES the Securities Ex olding Company	L OWNERSHIP OF exchange Act of 1934, Act of 1935 or Section of 1940	Expires: January 3 200 Estimated average burden hours per response 0	05			
(Print or Type F	Responses)								
ROUTH ALLAN GLEN Symbol			and Ticker or Tradin STKL]	Issuer	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last) 50 KIRK PL	(First) (Middle	3. Date of Earliest (Month/Day/Year) 05/15/2014		X Director Officer (give below)	10% Owner				
Filed(Mon			Date Original ear)	Applicable Line) _X_ Form filed by 0	<ul> <li>6. Individual or Joint/Group Filing(Check Applicable Line)</li> <li>_X_ Form filed by One Reporting Person</li> <li> Form filed by More than One Reporting</li> </ul>				
OWATONN	NA, MN 55060			Person	fore than one Reporting				
(City)	(State) (Zip)	Table I - Nor	n-Derivative Securi	ties Acquired, Disposed of	, or Beneficially Owned				
1.Title of Security (Instr. 3)	any		(A) or	l of (D) Securities	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) 7. Nature of Indirect Beneficial Ownership (Instr. 4)				
Common shares	05/22/2014	М	22,500 A	\$ 356,829 5.74	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.

 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. Transacti Code (Instr. 8)	5. Number of torDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options	\$ 5.74	05/22/2014		М		22,500	10/06/2013	10/06/2014	Common shares	22,500

## **Reporting Owners**

Reporting Owner Name / Address	Relationships				
	Director	10% Owner	Officer	Other	
ROUTH ALLAN GLEN 50 KIRK PL. OWATONNA, MN 55060	Х				
Signatures					
Allan Routh 0	5/27/2014				
**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).

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.