FORM 4

## **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

	OMB	APPROVAL
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OMB Number: 3235-0287 Estimated average burden hours per response: 0.5

Check this box if no longer subject to
Section 16. Form 4 or Form 5
obligations may continue. See
Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

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	nd Address of <u>Lori D</u>	Reporting Person*							er or Trading S ETICS C		LNK)]	(Che	elationship o ck all applica Director	able)	Perso	on(s) to Issu 10% Ow Other (s	/ner
	•	irst) ENETICS CORP P DR.	(Middle) ORATION			Date 0		st Transa	action (Month/	Day/Year)		_	below)		ountii	below) ng Officer	·
(Street)		- Ditt			4.	If Ame	endment	t, Date of	f Original Filed	I (Month/Day	/Year)	Line)		·			
AMES	IA	A	50010									)		•		rting Person One Report	
(City)	(S	State)	(Zip)														
1. Title of	Security (Ins		ble I - Non	2. Trans		n	2A. Dee	med	3.	4. Securiti	es Acquired	(A) or	5. Amoun				7. Nature of
				Date (Month/I	Day/\		if any	on Date, 'Day/Year	Code (Instr	Disposed 5)		. 3, 4 and	Securities Beneficia Owned Fo Reported	lly ollowing		Indirect I str. 4)	ndirect Beneficial Ownership (Instr. 4)
			Table II [	Doub.co.	41	Saa			Code V	Amount	(A) or (D)	Price	(Instr. 3 a				
									options,				Jwneu				1
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Da if any (Month/Day/Y	Co	ansa ode (	ction Instr.	Deriva Securi Acquii or Dis	ities red (A) posed (Instr. 3,	6. Date Exerc Expiration Day/\ (Month/Day/\	ate	7. Title and of Securiti Underlying Derivative (Instr. 3 an	es J Security	8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficia Owned Following Reported	e s Illy	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Co	ode	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		Transacti (Instr. 4)	on(s)		
Stock Option (Right to Buy)	\$52.64	07/31/2019			D			10,000	04/20/2016	04/19/2025	Common Stock	10,000	(1)	0		D	
Stock Option (Right to Buy)	\$1.77	07/31/2019			A		1,633		(2)	07/31/2026	Common Stock	1,633	(1)	1,633	3	D	
Stock Option (Right to Buy)	\$1.77	07/31/2019			A		868		(2)	07/31/2026	Common Stock	868	(1)	868		D	
Stock Option (Right to Buy)	\$24.42	07/31/2019			D			2,000	02/01/2017	01/31/2026	Common Stock	2,000	(3)	0		D	
Stock Option (Right to Buy)	\$1.77	07/31/2019			A		472		(2)	07/31/2026	Common Stock	472	(3)	472		D	
Stock Option (Right to Buy)	\$1.77	07/31/2019			A		98		(2)	07/31/2026	Common Stock	98	(3)	98		D	
Stock Option (Right to Buy)	\$1.77	07/31/2019			A		98		(4)	07/31/2026	Common Stock	98	(3)	98		D	
Stock Option (Right to Buy)	\$10.78	07/31/2019			D			3,334	09/09/2016	08/08/2026	Common Stock	3,334	(5)	0		D	
Stock Option (Right to Buy)	\$1.77	07/31/2019			A		1,111		(2)	07/31/2026	Common Stock	1,111	(5)	1,111	L	D	
Stock Option (Right to Buy)	\$1.77	07/31/2019			A		487		(2)	07/31/2026	Common Stock	487	(5)	487		D	
Stock Option (Right to Buy)	\$1.77	07/31/2019			A		70		(4)	07/31/2026	Common Stock	70	(5)	70		D	

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)	of 2. 3. Transaction 3A. Deemed Execution Date Execution Date, if any		4. Transaction Code (Instr. 8)		5. Number of Derivative 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 Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		Transaction(s) (Instr. 4)		
Stock Option (Right to Buy)	\$12.68	07/31/2019		D			2,352	02/01/2018	01/31/2027	Common Stock	2,352	(3)	0	D	
Stock Option (Right to Buy)	\$1.77	07/31/2019		A		115		(2)	07/31/2026	Common Stock	115	(3)	115	D	
Stock Option (Right to Buy)	\$1.77	07/31/2019		A		311		(4)	07/31/2026	Common Stock	311	(3)	311	D	
Stock Option (Right to Buy)	\$1.77	07/31/2019		A		360		(2)	07/31/2026	Common Stock	360	(3)	360	D	
Stock Option (Right to Buy)	\$8.86	07/31/2019		D			10,000	12/01/2018	11/30/2027	Common Stock	10,000	(5)	0	D	
Stock Option (Right to Buy)	\$1.77	07/31/2019		A		729		(2)	07/31/2026	Common Stock	729	(5)	729	D	
Stock Option (Right to Buy)	\$1.77	07/31/2019		A		3,021		(4)	07/31/2026	Common Stock	3,021	(5)	3,021	D	
Stock Option (Right to Buy)	\$1.77	07/31/2019		A		1,250		(2)	07/31/2026	Common Stock	1,250	(5)	1,250	D	
Stock Option (Right to Buy)	\$7.85	07/31/2019		D			2,000	03/01/2019	03/08/2028	Common Stock	2,000	(5)	0	D	
Stock Option (Right to Buy)	\$1.77	07/31/2019		A		146		(2)	07/31/2026	Common Stock	146	(5)	146	D	
Stock Option (Right to Buy)	\$1.77	07/31/2019		A		563		(4)	07/31/2026	Common Stock	563	(5)	563	D	
Stock Option (Right to Buy)	\$1.77	07/31/2019		A		187		(2)	07/31/2026	Common Stock	187	(5)	187	D	
Stock Option (Right to Buy)	\$1.77	07/31/2019		A		105		(4)	07/31/2026	Common Stock	105	(5)	105	D	

## Explanation of Responses:

- 1. On July 31, 2019, the issuer cancelled this option grant pursuant to the issuer's option exchange program. In exchange, for every four cancelled options, the reporting person received a replacement option having an exercise price of \$1.77 per share.
- $2. \ The option vests as to 50\% on the first anniversary of grant date and the remaining 50\% on the second anniversary of grant date.$
- 3. On July 31, 2019, the issuer cancelled this option grant pursuant to the issuer's option exchange program. In exchange, for every three cancelled options, the reporting person received a replacement option having an exercise price of \$1.77 per share.
- 4. The option vests as to 50% on the second anniversary of grant date and the remaining 50% on the third anniversary of grant date.
- 5. On July 31, 2019, the issuer cancelled this option grant pursuant to the issuer's option exchange program. In exchange, for every two cancelled options, the reporting person received a replacement option having an exercise price of \$1.77 per share.

## Remarks:

/s/ Ryan Trytten, attorney-infact \*\* Signature of Reporting Person

08/02/2019

Date

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

 $^{\star}$  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.

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