FORM	4
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#### UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

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#### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

(Print or Type Responses)											
1. Name and Address of Reporting Person <sup>*</sup> Young Michael	2. Issuer Name an Better Choice C			0.2	ol	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner					
(Last) (First) 12400 RACE TRACK ROAD	(Middle)	3. Date of Earliest 7 05/25/2022	Fransaction	(Mon	th/Day/Y	ear)		Officer (give title below)	Other (specify	below)	
(Street) TAMPA, FL 33626	4. If Amendment, I	Date Origina	l File	d(Month/Da	y/Year)	6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person Form filed by More than One Reporting Person					
(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)	(Instr. 8)		(A) or D	(A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or (A) or		5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership	
Common Stock	05/25/2022		Р		5,500	А	\$ 2.48	89,000	Ι	Shares held by Cottingham Capital Partners, LLC. of which Mr. Young is a manager.	
Common Stock								720,598	D		

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

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

	(e.g., puts, calls, warrants, options, convertible securities)																								
Derivative Security	2. Conversion or Exercise Price of Derivative Security	(Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	Code	)	5. Numl of Deriv Secur Acqu (A) o Dispo of (D (Instr 4, and	rative rities ired r osed ) . 3,	Expiration Date		Expiration Date (Month/Day/Year)		Expiration Date (Month/Day/Year)		Expiration Date		Expiration Date		Expiration Date		7. Title and Underlying (Instr. 3 and	Securities 4)	Derivative	Derivative Securities Beneficially Owned	Ownership Form of Derivative Security: Direct (D) or Indirect	Beneficial
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares														
Purchase Warrants - Right to Buy								12/19/2019	06/30/2030	Common Stock	54,167.00		54,167	D											
Purchase Warrants - Right to Buy								01/22/2021	01/22/2027	Common Stock	6,667.00		6,667	D											
Stock Options - Right to Buy	\$ 3.60							12/21/2019	12/21/2028	Common Stock	3,206.00		3,206	D											
Stock Options - Right to Buy	\$ 3.60							05/02/2021	05/02/2029	Common Stock	83,334.00		83,334	D											

Stock Options - Right to Buy	\$ 7.74			<u>(1)</u>	01/08/2031	Common Stock	16,667.00	16,667	D	
Stock Options - Right to Buy	\$ 5.00			<u>(1)</u>	07/08/2031	Common Stock	30,000.00	30,000	D	

## **Reporting Owners**

	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
Young Michael 12400 RACE TRACK ROAD TAMPA, FL 33626	Х							

## Signatures

Sharla Cook, Attorney-in-Fact for Michael Young	05/25/2022
**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).
- (1) Options exercisable according to the vesting terms in the related option agreements.

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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