FORM 4

(Print or Type Responses)

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

OMB APPROVAL
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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

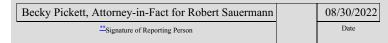
Name and Address of Reporting Person Sauermann Robert					2. Issuer Name and Ticker or Trading Symbol Better Choice Co Inc. [BTTR]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner				
(Last) (First) (Middle) 12400 RACE TRACK ROAD			3. Date of Earliest Transaction (Month/Day/Year) 08/30/2022							X_Officer (give title below) Other (specify below) COO						
TAMPA,	FL 33626	(Street)		4. If An	nendment	t, Date	Original Filed	(Month/Day/	Year)		6. Individual of _X_ Form filed by Form filed by	One Reporting			ne)	
(Cit	y)	(State)	(Zip)			7	Гable I - Non-	Derivativo	Secur	ities Acqu	uired, Disposed	of, or Ben	eficially Own	ed		
1.Title of S (Instr. 3)	ecurity		2. Transaction Date (Month/Day/Year)) any	eemed tion Date, h/Day/Ye	if Co	Transaction ode nstr. 8) Code V	4. Securit (A) or Di (Instr. 3,	sposed	of (D)	5. Amount of Se Owned Followin Transaction(s) (Instr. 3 and 4)			Ownership Form:	Beneficial Ownership	
Common	Stock		08/30/2022				P	1,750	A	\$ 1.82	27,050			D		
Common	Stock										86,879			I	Shares held by SFV Holdings LLC of which Mr. Sauermann is the President	
Reminder:	Report on a se	eparate line for each	class of securities be	eneficiall	y owned	directl				14.0				1: 01		
							this	form are	not re	equired to	e collection o o respond un I number.				C 1474 (9-02)	
			Table II				s Acquired, D				Owned					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	Execution Date, if	4. 15. Transaction Code of Oberivat Securit Acquir (A) or Disposo of (D) (Instr. 3 4, and 4, and 4 4, and 4 4. and 4 4. and 4		vative vative varities uired or cosed O) rr. 3,	6. Date Exercisable and Expiration Date (Month/Day/Year) 7. Ur (Month/Day/Year) tive les ed ed ed 3,		7. Title an Underlyin	7. Title and Amount of Underlying Securities Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5) (Instr. 5) Beneficially Owned Following Reported Transactior (Instr. 4)		11. Nature of Indirect Beneficial Ownership (Instr. 4)		
				Code	V (A)	(D)	Date Exercisable	Expiration Date	on	Title	Amount or Number of Shares					
Purchase Warrants - Right to Buy							12/19/2019	06/30/2	2030	Commo Stock	1 1 203 00		1,203	I	Warrants held by SFV Holdings LLC of which Mr Sauerman is the President	
Purchase Warrants															Warrants held by SFV	

Purchase Warrants - Right to Buy	\$ 7.50			01/22/2021	01/22/2027	Common Stock	3,334.00	3,334	I	Warrants held by SFV Holdings LLC of which Mr. Sauermann is the President
Stock Options - Right to Buy	\$ 3.60			(1)	12/19/2029	Common Stock	66,667.00	66,667	D	
Stock Options - Right to Buy	\$ 3.60			(1)	10/08/2030	Common Stock	16,667.00	16,667	D	
Stock Options - Right to Buy	\$ 7.74			(1)	01/08/2031	Common Stock	16,667.00	16,667	D	
Stock Options - Right to Buy	\$ 8.82			(1)	03/03/2031	Common Stock	75,000.00	75,000	D	
Stock Options - Right to Buy	\$ 5.00			(1)	07/08/2031	Common Stock	33,333.00	33,333	D	
Stock Options - Right to Buy	\$ 5.00			(1)	08/19/2031	Common Stock	15,000.00	15,000	D	
Stock Options - Right to Buy	\$ 2.29			<u>(1)</u>	02/01/2032	Common Stock	50,000.00	50,000	D	

Reporting Owners

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
Sauermann Robert 12400 RACE TRACK ROAD TAMPA, FL 33626			COO				

Signatures



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 agreement.

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.