Berard Todd Form 4 March 15, 2019

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL

OMB Number: 3235-0287

Expires: January 31, 2005

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Check this box if no longer subject to Section 16. Form 4 or Form 5

obligations

may continue.

See Instruction

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

1(b).

(Print or Type Responses)

1. Name and A Berard Todo	2. Issuer Name and Ticker or Trading Symbol BIOLIFE SOLUTIONS INC [BLFS]						5. Relationship of Reporting Person(s) to Issuer					
(Last) (First) (Middle)									(Check all applicable)			
(Last)	(First)	(Middle)		3. Date of Earliest Transaction (Month/Day/Year)					Director	10%	Owner	
C/O BIOLIFE SOLUTIONS,			(Month/Day/Year) 03/14/2019						X_ Officer (give title Other (specify below)			
INC., 3303 MONTE VILLA			03/1 1/2	03/17/2017								
PARKWAY							Vice President, Marketing					
	4. If Amendment, Date Original						6. Individual or Joint/Group Filing(Check					
	(Street)						•		Applicable Line)			
BOTHELL,	Filed(Month/Day/Year)						_X_ Form filed by One Reporting Person Form filed by More than One Reporting					
DOTTIEEE,	W11 70021								Person			
(City)	(State)	(Zip)	Tabl	e I - Noi	n-D	erivative	Secur	ities Acq	uired, Disposed of	f, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Da (Month/Day/Yea	r) Execution	med on Date, if Day/Year)	Code (Instr. 3, 4 and 5)				d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership 7. Nature o Form: Direct Indirect (D) or Beneficial Indirect (I) Ownership (Instr. 4) (Instr. 4)		
~				Code	V	Amount	(D)	Price	(msu. 3 and 4)			
Common Stock	03/14/2019			M		3,000	A	\$ 2.06	44,074	D		
Common Stock	03/14/2019			S <u>(1)</u>		3,000	D	\$ 16.67 (2)	41,074	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)

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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)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. Number proof 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 Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (Right to Buy)	\$ 2.06	03/14/2019		M	3,000	05/04/2016(3)	05/04/2025	Common Stock	3,000

Reporting Owners

Reporting Owner Name / Address

Director 10% Owner Officer Other

Berard Todd C/O BIOLIFE SOLUTIONS, INC. 3303 MONTE VILLA PARKWAY, SUITE 310 BOTHELL, WA 98021

Vice President, Marketing

Signatures

/s/ Todd Berard 03/15/2019

**Signature of 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) The sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on December 10, 2018.
- The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$16.61 to \$16.75, inclusive. The reporting person undertakes to provide to the registrant, any security holder of the registrant, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the range.
- (3) Exercisable to the extent of 1/4th thereof on 5/4/16, and remaining balance exercisable to the extent of 1/36th thereof on the 4th day of each month commencing on 6/4/16.

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.

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