### Edgar Filing: Syer Frank - Form 4

Syer Frank Form 4											
October 08, 20	008										
FORM	Л								PPROVAL		
	UNITED	STATES		RITIES A			COMMISSIO	N OMB Number:	3235-0287		
Check this if no longe subject to Section 16 Form 4 or Form 5	r STATEN	MENT OF		Estimated burden hou response	urs per						
obligations may contin <i>See</i> Instruc 1(b).	Section 17(	(a) of the F	Public U	Itility Hol	ding Con		nge Act of 1934, of 1935 or Secti 940				
(Print or Type Re	esponses)										
1. Name and Address of Reporting Person <u>*</u> Syer Frank			2. Issuer Name <b>and</b> Ticker or Trading Symbol SunOpta Inc. [stkl]				5. Relationship of Reporting Person(s) to Issuer				
(Last)	(First) (	(Middle) 3. Date of Earliest Transaction					(Check all applicable)				
234 THE KINGSWAY			(Month/Day/Year) 09/09/2008			Director 10% Owner X Officer (give title Other (specify below) below) VP HR					
			4. If Amendment, Date Original Filed(Month/Day/Year)			<ul><li>6. Individual or Joint/Group Filing(Check</li><li>Applicable Line)</li><li>_X_ Form filed by One Reporting Person</li></ul>					
TORONTO,	A6 M9A 3T5						Form filed by Person	More than One R	eporting		
(City)	(State)	(Zip)	Tab	ole I - Non-l	Derivative	Securities A	cquired, Disposed	of, or Beneficia	lly Owned		
	. Transaction Date Month/Day/Year)	2A. Deeme Execution I any (Month/Da	Date, if	Code (Instr. 8)	4. Securit nAcquired Disposed (Instr. 3, 4 Amount	(A) or of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
D 1 D		C 1 1	c.				• 1• 4				
Keminder: Kepor	rt on a separate lind	e for each cla	ass of sec	urities bene	Perso inform requir	ns who rest nation cont ed to respo sys a current	or indirectly. Spond to the colle cained in this form ond unless the fo ntly valid OMB co	n are not rm	SEC 1474 (9-02)		

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

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amount of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Securities
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8	0 (] (]	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)					
				Code V	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Common Share Options	\$ 5.74	10/06/2008		А	1	15,000		10/06/2009	10/06/2014	Common Shares	15,000

## **Reporting Owners**

<b>Reporting Owner Name / Address</b>	Relationships						
	Director	10% Owner	Officer	Other			
Syer Frank 234 THE KINGSWAY TORONTO, A6 M9A 3T5			VP HR				

### Signatures

Frank Syer 10/06/2008 \*\*Signature of Date
Reporting Person

### **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).

#### **Remarks:**

#### Options vest over 5 years starting 10/06/2014

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.