

SUNOPTA INC  
Form 4  
May 11, 2006

**FORM 4**

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

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 1(b).

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES**

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

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
BRONFMAN STEPHEN R

(Last) (First) (Middle)

C/O CLARIDGE INC, 1170 PEEL STREET

(Street)

MONTREAL CANADA A8 H3B 4P2

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol  
SUNOPTA INC [STKL; SOY]

3. Date of Earliest Transaction (Month/Day/Year)  
05/09/2006

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director  10% Owner  
 Officer (give title below)  Other (specify below)

6. Individual or Joint/Group Filing(Check Applicable Line)  
 Form filed by One Reporting Person  
 Form filed by More than One Reporting Person

**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)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	(A) or (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 Ownership (Instr. 4)
			Code	V	Amount	Price		
Common Stock <sup>(1)</sup>	05/09/2006		S		4,633	\$ 11.48	D	D
Common Stock	05/09/2006		S		200	\$ 11.49	D	D
Common Stock	05/09/2006		S		176,632	\$ 11.5	D	D
Common Stock	05/09/2006		S		20,495	\$ 11.51	D	D
Common Stock	05/09/2006		S		6,750	\$ 11.52	D	D

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Common Stock	05/09/2006	S	17,200	D	\$ 11.53	5,296,323	D
Common Stock	05/09/2006	S	1,200	D	\$ 11.54	5,313,523	D
Common Stock	05/09/2006	S	2,545	D	\$ 11.55	5,314,723	D
Common Stock	05/09/2006	S	2,300	D	\$ 11.56	5,317,268	D
Common Stock	05/09/2006	S	2,925	D	\$ 11.57	5,319,568	D
Common Stock	05/09/2006	S	1,100	D	\$ 11.58	5,322,493	D
Common Stock	05/09/2006	S	1,300	D	\$ 11.66	5,323,593	D
Common Stock	05/09/2006	S	500	D	\$ 11.67	5,324,893	D
Common Stock	05/09/2006	S	8,200	D	\$ 11.68	5,325,393	D
Common Stock	05/09/2006	S	3,900	D	\$ 11.75	5,333,593	D
Common Stock	05/09/2006	S	6,100	D	\$ 11.76	5,337,493	D
Common Stock	05/09/2006	S	420	D	\$ 11.83	5,343,593	D
Common Stock	05/09/2006	S	500	D	\$ 11.84	5,344,013	D
Common Stock	05/09/2006	S	3,128	D	\$ 11.85	5,344,513	D
Common Stock	05/09/2006	S	300	D	\$ 11.86	5,347,641	D
Common Stock	05/09/2006	S	3,100	D	\$ 11.88	5,347,941	D
Common Stock	05/09/2006	S	10,000	D	\$ 11.89	5,351,041	D
Common Stock	05/09/2006	S	8,200	D	\$ 11.9	5,361,041	D
Common Stock	05/09/2006	S	700	D	\$ 11.98	5,369,241	D
Common Stock	05/09/2006	S	14,517	D	\$ 11.99	5,369,941	D
	05/09/2006	S	4,830	D	\$ 12	5,384,458	D

Common  
Stock

Common Stock 05/09/2006 S 1,800 D \$ 12.01 5,389,288 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)

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. 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 Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction (Instr. 5)
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## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
BRONFMAN STEPHEN R C/O CLARIDGE INC 1170 PEEL STREET MONTREAL CANADA A8 H3B 4P2	X			

## Signatures

/s/ Oded Tal, Attorney-in-Fact 05/11/2006

\*\*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) 2 of 2 -- Additional transactions are reported on another Form 4 filed on the date hereof.

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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