

SECURITIES AND EXCHANGE COMMISSION

FORM 4

Statement of changes in beneficial ownership of securities

Filing Date: **2003-02-10** | Period of Report: **2003-02-06**
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([HTML Version](#) on [secdatabase.com](#))

REPORTING OWNER

MILLER LLOYD I III

CIK: **949119**
Type: **4**

Business Address
4650 GORDON DRIVE
NAPLES FL 33940
9412628577

SUBJECT COMPANY

SYNERGY BRANDS INC

CIK: **870228** | IRS No.: **222993066** | State of Incorporation: **DE** | Fiscal Year End: **1231**
Type: **4** | Act: **34** | File No.: **000-19409** | Film No.: **03546458**
SIC: **5141** Groceries, general line

Mailing Address
40 UNDERHILL BLVD
SYOSSET NY 11791

Business Address
40 UNDERHILL BLVD
SYOSSET NY 11791
5166821980

OMB APPROVAL
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**UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, DC 20549**

FORM 4

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

**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**

Check this box if no longer
subject to Section 16.

- Form 4 or Form 5
obligations may continue.
See Instruction 1(b)

1. Name and Address of Reporting Person* <i>(Last, First, Middle)</i> <u>Miller, III, Lloyd I.</u> <u>4550 Gordon Drive</u> <i>(Street)</i> <u>Naples, FL 34102</u> <i>(City) (State) (Zip)</i>	2. Issuer Name and Ticker or Trading Symbol <u>Synergy Brands Inc. - SYBR</u> 4. Statement for <i>(Month/Day/Year)</i> <u>February 6, 2003</u> 6. Relationship of Reporting Person(s) to Issuer <i>(Check All Applicable)</i> <input type="checkbox"/> Director <input checked="" type="checkbox"/> 10% Owner <input type="checkbox"/> Officer <i>(give title below)</i> <input type="checkbox"/> Other <i>(specify below)</i>	3. I.R.S. Identification Number of Reporting Person, if an entity <i>(Voluntary)</i> <u>###-##-####</u> 5. If Amendment, Date of Original <i>(Month/Day/Year)</i> <hr/> 7. Individual or Joint/Group Filing <i>(Check Applicable Line)</i> <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person
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Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* If the form is filed by more than one reporting person, see instruction 4(b)(v).



Table I – Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2a. Date, if any. (Month/Day/Year)	3. Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D)			5. Amount of Securities Beneficially Owned Following Reported Transactions(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	or Price			
Common Stock	2/06/03		P		5,600	A \$0.63	157,000(1)	I	By Milfam II, L.P.
Common Stock							1,179,256(1)	I	By Lloyd I. Miller, III, Trust A-4
Common Stock							63,808(1)	I	By Lloyd I. Miller, III, Trust C
Common Stock							537,130	D	
Common Stock							240,000(1)	I	By Milfam I, L.P.
Common Stock							142,000(1)	I	By Dail Miller
Common Stock									

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

1. Security <i>(Instr. 3)</i>	2. Price of Derivative Security	3. Date <i>(Month/Day/Year)</i>	3a. Date, if any <i>(Month/Day/Year)</i>	4. Code		5. Acquired (A) or Disposed of (D) <i>(Instr. 3, 4 and 5)</i>	
				Code	V	(A)	(D)
Common Stock Warrants (right to buy)	\$1.25	9/24/01					20,000
Common Stock Warrants (right to buy)	\$1.25	9/24/01					60,000
Common Stock Warrants (right to buy)	\$1.25	9/24/01					20,000
Common Stock Warrants (right to buy)	\$1.25	12/30/02					125,000

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

6. Date Exercisable and Expiration Date <i>(Month/Day/Year)</i>	7. Title and Amount of Underlying Securities <i>(Instr. 3 and 4)</i>	8. Price of Derivative Security <i>(Instr. 5)</i>	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) <i>(Instr. 4)</i>	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) <i>(Instr. 4)</i>	11. Nature of Indirect Beneficial Ownership <i>(Instr. 4)</i>
Immed. 9/24/06	Common Stock 20,000		20,000(1)	I	By Dail Miller
Immed. 9/24/06	Common Stock 60,000		60,000(1)	I	By Milfam I, L.P.
Immed. 9/24/06	Common Stock 20,000		20,000	D	
Immed. 9/30/12	Common Stock 125,000		125,000(1)	I	By Lloyd I. Miller, III, Trust A-4

Explanation of Responses:

(1) The reporting person disclaims beneficial ownership of these securities except to the extent of his pecuniary interest therein. This filing shall not be deemed an admission that the reporting person is, for purposes of Section 16 of the Act or otherwise, the beneficial owner of any equity securities covered by this filing.

/s/ Lloyd I. Miller, III
**Signature of Reporting Person

February 10, 2003
Date

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

