

SECURITIES AND EXCHANGE COMMISSION

FORM 4

Statement of changes in beneficial ownership of securities

Filing Date: **2013-01-10** | Period of Report: **2013-01-09**
SEC Accession No. [0001183740-13-000021](#)

([HTML Version](#) on [secdatabase.com](#))

REPORTING OWNER

PREVOST GUY

CIK: [1426394](#)

Type: **4** | Act: **34** | File No.: [000-50367](#) | Film No.: **13523655**

Mailing Address
*967 GUY PLACE
VICTORIA A1 V8Y 1H1*

ISSUER

CRAILAR TECHNOLOGIES INC

CIK: [1210294](#) | IRS No.: **980359306** | State of Incorporation: **A1** | Fiscal Year End: **1231**
SIC: **5600** Apparel & accessory stores

Mailing Address
*SUITE 305-4420
CHATTERTON WAY
VICTORIA A1 V8X 5J2*

Business Address
*SUITE 305-4420
CHATTERTON WAY
VICTORIA A1 V8X 5J2
250-658-8582*

FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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

OMB APPROVAL	
OMB Number:	3235-0287
Expires:	02/28/2011
Estimated average burden hours per response	0.5

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

1. Name and Address of Reporting Person PREVOST GUY			2. Issuer Name and Ticker or Trading Symbol CRAILAR TECHNOLOGIES INC [CRLRF]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below) Chief Financial Officer		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 01/09/2013			6. Individual or Joint/Group Filing (Check applicable line) <input checked="" type="checkbox"/> Form Filed by One Reporting Person <input type="checkbox"/> Form Filed by More than One Reporting Person		
967 GUY PLACE			4. If Amendment, Date Original Filed(Month/Day/Year)					
(Street) VICTORIA, A1 V8Y 1H1								
(City)	(State)	(Zip)						

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)		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)	
			Code	V	Amount	(A) or (D)				Price
Common Stock	01/09/2013		M		5,000	A	\$1.17	12,500	D	

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 Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Options (right to buy)	\$1.17	01/09/2013		M		5,000		10/20/2009	10/20/2014	Common stock	5,000	\$1.17	260,000	D	
Options (right to buy)	\$1.55							04/08/2011	04/08/2016	Common stock	175,000		175,000	D	
Options (right to buy)	\$2.77							08/19/2011	08/19/2016	Common stock	125,000		125,000	D	

Options (right to buy)	\$2.23						10/11/2012	10/11/2017	Common stock	175,000		175,000 ⁽¹⁾	D	
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Explanation of Responses:

- The options are subject to vesting provisions such that the options vest as to 1/12th of the aggregate amount monthly for a period of twelve months on the last day of each month from the date of grant.

Signatures

/s/ Guy Prevost

** Signature of Reporting Person

01/10/2013

Date

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).

** 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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.