## FORM 4

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

OMB APPROVAL
OMB Number: 3235-0287
Estimated average burden
hours per response... 0.5

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 or Section 30(h) of the Investment Company Act of 1940

| pe Response                                                           | - /                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                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Issuer Name and Ticker or Trading Symbol ProPhase Labs, Inc. [PRPH]                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   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| 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | Date                                                                                           | n 3A. Deemed<br>Execution Da<br>any                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 4.<br>Transac<br>Code<br>Year) (Instr. 8                                                                                                                                                                                                                                                                                                                              | etion                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 5. Numbord Of Deriv. Secur Acqui (A) or Dispo of (D) (Instr. 4, and | per ative ities ired sed 3, 15) | 6. Da<br>and 1<br>(Mon                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | ate Exerc<br>Expiration<br>nth/Day/                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | isable<br>n Date<br>Year)<br>Expiratio                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 7. T<br>Am<br>Und<br>Sec<br>(Ins<br>4)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | ount of derlying urities tr. 3 and  Amount or Number of                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                      | Derivative<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Owners Form of Derivati Security Direct ( or Indirects)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Beneficia Ownershi (Instr. 4) D) ect                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| S S S                                                                 | TOWN, Facurity  Stock, part Stock, part Stock, part Conversion or Exercise Price of Derivative | Stock, par value  Stock, par value  Stock, par value  Conversion or Exercise Price of Derivative  Stock (First)  (Street)  (Street)  (Street)  (State)  (State) | Michael  (First) (Middle)  HADY RETREAT ROAD  (Street)  (Street)  (Street)  (Street)  (State) (Zip)  (State) (Zip)  (Month/Day/Year)  Stock, par value 08/14/2019  Stock, par value 08/15/2019  Report on a separate line for each class of security  Table II - 1  (Conversion or Exercise Price of Derivative   Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year) | m Michael  (First) (Middle) (Street)  (Street)  (Street)  (Street)  (State)  (State)  (Zip)  (State)  (Zip)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Stock, par value)  (Month/Day/Year)  (Stock, par value)  (Month/Day/Year)  (State)  (Zip)  2A. Deemed Execution Date (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (And H - Derivative Section Date (And Dat | m Michael                                                           | m Michael                       | m Michael ProPhase Labs, Inc. [PR  (First) (Middle) ADY RETREAT ROAD (Street) 4. If Amendment, Date Origin  (Street) 4. If Amendment, Date Origin  (State) (Zip) Table I - Non  (State) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Instr. 8)  (Stock, par value 08/14/2019 P  Stock, par value 08/15/2019 P  Report on a separate line for each class of securities beneficially owned directly any (Month/Day/Year) (Month/Day/Year) (A. )  Table II - Derivative Securities Acquired (A.) or Disposed of (D.) (Instr. 3, 4, and 5) | m Michael   ProPhase Labs, Inc. [PRPH]  (First)   (Middle)   3. Date of Earliest Transaction (Mol/14/2019    (Street)   4. If Amendment, Date Original File    (State)   (Zip)   Table I - Non-Derective    (State)   2. Transaction Date (Month/Day/Year)    (Month/Day/Year)   P    (Stock, par value   08/14/2019   P    (Stock, par value   08/15/2019   P    (Stock, par value   08/15/2019   P    (Leg., puts, calls, warrants, options, price of Derivative Security   (Month/Day/Year)    (Month/Day/Year)   (Month/Day/Year)    (Month/Day/Year)   (Month/Day/Year)    (Month/Day/Year)   Date   (A) or Disposed of (D) (Instr. 3, 4, and 5)    (Month/Day/Year)   Date   (A) or Disposed of (D) (Instr. 3, 4, and 5)    (Month/Day/Year)   Date   (A) or Disposed of (D) (Instr. 3, 4, and 5)    (Month/Day/Year)   Date   (A) or Disposed of (D) (Instr. 3, 4, and 5)    (Month/Day/Year)   Date   (A) or Disposed of (D) (Instr. 3, 4, and 5)    (Month/Day/Year)   Date   (A) or Disposed of (D) (Instr. 3, 4, and 5)    (Month/Day/Year)   Date   (A) or Disposed of (D) (Instr. 3, 4, and 5)    (Month/Day/Year)   Date   (A) or Disposed of (D) (Instr. 3, 4, and 5)    (Month/Day/Year)   Date   (A) or Disposed of (D) (Instr. 3, 4, and 5)    (Month/Day/Year)   Date   (A) or Disposed of (D) (Instr. 3, 4, and 5)    (Month/Day/Year)   Date   (A) or Disposed of (D) (Instr. 3, 4, and 5)    (Month/Day/Year)   Date   (A) or Disposed of (D) (Instr. 4, 4, and 5)    (Month/Day/Year)   Date   (A) or Disposed of (D) (D) (Instr. 4, 4, and 5)    (Month/Day/Year)   Date   (A) or Disposed of (D) | Michael (First) (Middle) (Street) 3. Date of Earliest Transaction (Month/Day 08/14/2019 4. If Amendment, Date Original Filed(Month TOWN, PA 18901 (State) (Zip) Table I - Non-Derivative Security 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Code V Amount Stock, par value 08/14/2019 P 6,000 (Instr. 8) (Persons where the form dis 2. Transaction Date (a.g., puts, calls, warrants, options, convert 2. (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 3) (Month/Day/Year) ( | Michael (First) (Middle) (Midd | Michael ProPhase Labs, Inc. [PRPH]  HADY RETREAT ROAD 3. Date of Earliest Transaction (Month/Day/Year) 08/14/2019  4. If Amendment, Date Original Filed(Month/Day/Year) 08/14/2019  Ecurity 2. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) Date (Instr. 8) (Instr. 8) (Instr. 8) Date Exercisable and Expiration Date (Month/Day/Year) Date (Instr. 8) Date Exercisable Date (Instr. 8) Date Exercisable Expiration Titl Exercisable Date (Exercisable Date Exercisable Expiration Titl Exercisable Exercisable Date Exercisable Date Exercisable Expiration Titl Exercisable Date (Instr. 8) Date Exercisable Expiration Titl Exercisable Exercisable Expiration Titl Exercisable Date Exercisable Exercisable Exercisable Date Exercisable Exercisable Exercisable Date Exercisable Exercisable Date Exercisable Exercisable Exercisable Date Exercisable Date Exercisable Date Exercisable Exercisable Date Exercisable Date Date Exercisable Exercisable Exercisable Date Date Exercisable Date Exercisable Date Date Date Date Exercisable Date Date Date Dat | Nichael   ProPhase Labs, Inc. [PRPH] | ADDITION   Conversion   Conve | Michael ProPhase Labs, Inc. [PRPH] X_ Director Officer (give tild below) C Check all application of Earliest Transaction (Month/Day/Year) (Street) 3. Date of Earliest Transaction (Month/Day/Year) (Street) 4. If Amendment, Date Original Filed(Month/Day/Year) (Street) 2. Transaction (Month/Day/Year) (Street) 2. Transaction (Month/Day/Year) (Month | Michael (First) (Middle) (Midd |

#### **Reporting Owners**

|                                                                         | Relationships |              |         |       |  |  |
|-------------------------------------------------------------------------|---------------|--------------|---------|-------|--|--|
| Reporting Owner Name / Address                                          | Director      | 10%<br>Owner | Officer | Other |  |  |
| Barr Jason Michael<br>621 N. SHADY RETREAT ROAD<br>DOYLESTOWN, PA 18901 | X             |              |         |       |  |  |

### **Signatures**

| /s/ Jason Barr                  | 08/16/2019 |
|---------------------------------|------------|
| **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).

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.