FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL									
OMB Number: 3235-028									
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

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Name and Address of Reporting Person* Karkus Ted William					2. Issuer Name and Ticker or Trading Symbol ProPhase Labs, Inc. [PRPH]									Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director X 10% Owner						
(Last) 711 STE	(First) (Middle)					3. Date of Earliest Transaction (Month/Day/Year) 04/05/2023								X	X Officer (give title Other (specify below) CEO & CHAIRMAN					
SUITE 200					4. If Amendment, Date of Original Filed (Month/Day/Year)							6. Individual or Joint/Group Filing (Check Applicable Line)								
(Street) GARDE CITY,	RDEN NY 11530												X	X Form filed by One Reporting Person Form filed by More than One Reporting Person						
(City)	Rule 10b5-1(c) Transaction Indication Check this box to indicate that a transaction was made pursuant to a contract, instrusting satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.											ruction or wr	itten p	olan that is in	ended to					
		Table	l - No	n-Deriva	tive S	ecur	rities	Acq	uired,	Dis	posed of	, or I	Benef	iciall	y Owr	ned				
1. Title of Security (Instr. 3) 2. Transact Date (Month/Day				Execution D			Date,	Transaction Code (Instr.					3, 4 and Secu Bene Owner Follo		cially I ring	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)		
									Code	٧	Amount	(A) (D)	or Pi	ice		ted action(s) 3 and 4)				
Common Stock, par value \$0.005 04/05/2					.023			G ⁽¹⁾		50,000	I) \$	0.00	00 3,433,750		D				
Common Stock, par value \$0.005 04/05/20				2023			$\mathbf{G}^{(}$			50,000) A \$0.		50.00	150,000		I		By Son ⁽²⁾		
	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)	rivative Conversion Date Execution Date, curity or Exercise (Month/Day/Year) if any					Transaction Code (Instr.		ber vative rities lired r osed)	6. Date E Expiration (Month/I	on Da	Securities Underlying Derivative Security (Instr. 3 and		unt of rities rlying ative rity . 3 and a	Dei Sec (Ins	rice of ivative urity tr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s (Instr. 4)		10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)	
					Code	v	(A)	(D)	Date Exercisa	able	Expiration Date	Title	Numb of Share							

Explanation of Responses:

- 1. This transaction involved a gift of securities by the Reporting Person to his son, who shares the Reporting Person's household.
- $2. \ Shares \ held \ by \ Reporting \ Person's \ son, \ who \ shares \ the \ Reporting \ Person's \ household.$

<u>/s/ Ted Karkus</u> <u>04/05/2023</u>

** Signature of Reporting Person 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.