

HealthWarehouse.com, Inc.
 Form 3
 August 25, 2016

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF 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 *		2. Date of Event Requiring Statement	3. Issuer Name and Ticker or Trading Symbol	
Â Cape Bear Partners, LLC		(Month/Day/Year)	HealthWarehouse.com, Inc. [HEWA]	
(Last)	(First)	(Middle)	07/23/2016	
38608 BUTCHER ROAD,Â P.O. BOX 15			4. Relationship of Reporting Person(s) to Issuer	5. If Amendment, Date Original Filed(Month/Day/Year)
(Street)			(Check all applicable)	
LEETONIA,Â OHÂ 44431			<input type="checkbox"/> Director	<input type="checkbox"/> 10% Owner
(City)	(State)	(Zip)	<input type="checkbox"/> Officer	<input checked="" type="checkbox"/> Other
			(give title below)	(specify below)
			Member of a 10% Owner Group	6. Individual or Joint/Group Filing(Check Applicable Line)
				<input type="checkbox"/> Form filed by One Reporting Person
				<input checked="" type="checkbox"/> Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	1,121,468 ⁽¹⁾	D	Â
Common Stock	26,287	I ⁽²⁾	Held in IRA Account for the benefit of Lynn Peppel

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. SEC 1473 (7-02)

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Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security	4. Conversion or Exercise	5. Ownership Form of	6. Nature of Indirect Beneficial Ownership (Instr. 5)
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Date Exercisable	Expiration Date	(Instr. 4)	Amount or Number of Shares	Price of Derivative Security	Derivative Security: Direct (D) or Indirect (I)
		Title			

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Cape Bear Partners, LLC 38608 BUTCHER ROAD P.O. BOX 15 LEETONIA, OH 44431	Â	Â	Â	Member of a 10% Owner Group
Peppel Lynn 38608 BUTCHER RD. P.O. BOX 15 LEETONIA, OH 44431	Â	Â	Â	Member of 10% Owner Group

Signatures

/s/ F. Mark Reuter as Attorney-in-Fact for Lynn Peppel and on behalf of Cape Bear Partners, LLC

08/25/2016

__Signature of Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 5(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).

The Reporting Person ("RP") is filing this report because the RP is a member of a Section 13D group, as disclosed in the Schedule 13D report originally filed with the SEC on August 2, 2016 filed on behalf of the RP and the other members of such group. As of the date of the event requiring this statement, the group beneficially owned an aggregate 19,062,600 shares and consisted of the following: RX Investor Value Corp., Jeffrey T. Holtmeier, GENext, LLC, Robert Smyjunas, Cormag Holdings, Ltd., Mark Douglas Scott, Osgar Holdings, Ltd., Hong Penner, Bruce Bedrick, Patrick Delaney, Stephen J. Weiss, SCW Holdings, LLP, Lynn Peppel, Cape Bear Partners, LLC, Arthur W. Liberati, LFLP, Ltd., Patricia Corona, Estate of Wayne Corona, Vincent Rinaldi, and Brian Ross. The RP disclaims beneficial ownership of the shares held by the other members of such Section 13(d) group except to the extent of the RP's pecuniary interest therein.

(2) Lynn Peppel is the managing member of Cape Bear Partners, LLC.

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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