

MCEVILY ARTHUR  
Form 4  
May 12, 2006

**FORM 4**

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

OMB APPROVAL

OMB Number: 3235-0287  
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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, 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 \*  
MCEVILY ARTHUR

(Last) (First) (Middle)  
62 WEST BARE HILL ROAD  
(Street)

HARVARD, MA 01451

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol  
SUNOPTA INC [stkl]

3. Date of Earliest Transaction  
(Month/Day/Year)  
02/09/2006

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

\_\_\_\_ Director \_\_\_\_\_ 10% Owner  
 Officer (give title below) \_\_\_\_\_ Other (specify below)  
President SunOpta Ingredients

6. Individual or Joint/Group Filing(Check Applicable Line)  
 Form filed by One Reporting Person  
\_\_\_\_ Form filed by More than One Reporting Person

**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	(D)	Price
Common Shares	05/10/2006		X		44,000	A	\$ 3.72
Common Shares	05/10/2006		X		6,000	A	\$ 5.5
Common Shares	05/10/2006		S		10,000	D	\$ 11.4
Common Shares	05/10/2006		S		5,000	D	\$ 11.48
Common Shares	05/10/2006		S		5,000	D	\$ 11.3

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Common Shares	05/10/2006	S	5,000	D	\$ 11.24	34,268	D
Common Shares	05/10/2006	S	5,000	D	\$ 11.39	29,268	D
Common Shares	05/10/2006	S	5,000	D	\$ 11.5508	24,268	D
Common Shares	05/10/2006	S	5,000	D	\$ 11.5	19,268	D
Common Shares	05/10/2006	S	3,700	D	\$ 11.5236	15,568	D
Common Shares	05/10/2006	S	300	D	\$ 11.55	15,268	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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**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 Underlying Securities (Instr. 3 and 4)	Amount or Number of Shares
Options	\$ 3.72	05/10/2006		X	44,000	05/10/2006 03/20/2008	Common Shares	44,000
Options	\$ 5.5	05/10/2006		X	6,000	05/10/2006 12/08/2010	Common Shares	6,000

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
MCEVILY ARTHUR 62 WEST BARE HILL ROAD HARVARD, MA 01451			President	SunOpta Ingredients

## Signatures

Arthur McEvily

05/12/2006

\*\*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.

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