

SunOpta Inc.
Form 4
December 17, 2007

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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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 *
BRONFMAN STEPHEN R

(Last) (First) (Middle)

C/O CLARIDGE INC, 1170 PEEL STREET

(Street)

MONTREAL CANADA A8 H3B 4P2

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
SunOpta Inc. [STKL; SOY]

3. Date of Earliest Transaction (Month/Day/Year)
12/12/2007

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)

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)	
				(A) or (D)	Price				
Common Stock	12/14/2007		M	V	7,000	A \$ 7.41	13,000	D	
Common Stock	12/14/2007		M	V	7,000	A \$ 5.96	20,000	D	
Common Stock	12/14/2007		M	V	7,000	A \$ 5.5	27,000	D	
Common Stock	12/14/2007		M	V	2,000	A \$ 11.66	29,000	D	
Common Stock	12/14/2007		S		29,000	D \$ 13.0732	0	D	

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

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SEC 1474
(9-02)

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)	8. Amount or Number of Shares
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	
Stock Option (Right to Buy Common Stock)	\$ 7.41	12/14/2007		M	7,000	<u>(1)</u>	12/10/2008	Common Stock	7,000
Stock Option (Right to Buy Common Stock)	\$ 5.96	12/14/2007		M	7,000	<u>(2)</u>	12/12/2009	Common Stock	7,000
Stock Option (Right to Buy Common Stock)	\$ 5.5	12/14/2007		M	7,000	12/08/2005	12/08/2010	Common Stock	7,000
Stock Option (Right to Buy Common Stock)	\$ 11.66	12/14/2007		M	2,000	05/14/2007	05/14/2012	Common Stock	2,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
BRONFMAN STEPHEN R C/O CLARIDGE INC 1170 PEEL STREET MONTREAL CANADA A8 H3B 4P2	X			

Signatures

/s/ Zeno Santache, Attorney-in-Fact	12/17/2007
**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).
- (1) These options vested ratably in four equal annual installments commencing on December 10, 2003.
- (2) These options vested ratably in four equal annual installments commencing on December 9, 2004.

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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