FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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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).

Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the

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

affirmative defer 10b5-1(c). See I	nse conditions of Rule Instruction 10.			
1. Name and Addr	ess of Reporting Per	rson*	2. Issuer Name and Ticker or Trading Symbol BLUM HOLDINGS, INC. [BLMH]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director X 10% Owner
(Last) 11516 DOWNI	Last) (First) (Middle) 1516 DOWNEY AVE		3. Date of Earliest Transaction (Month/Day/Year) 11/19/2024	X Officer (give title Other (specify below) Chief Executive Officer
(Street) DOWNEY (City)	CA (State)	90241 (Zip)	4. If Amendment, Date of Original Filed (Month/Day/Year)	Individual or Joint/Group Filing (Check Applicable Line) X 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)	3. Transac Code (Ir 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership
		Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(Instr. 4)
Common Stock	11/19/2024	P		5,000(1)	A	\$0.14	5,000	D	
Common Stock	11/19/2024	P		12,737(1)	A	\$0.18	17,737	D	
Common Stock	11/20/2024	P		10,000(1)	A	\$0.18	27,737	D	
Common Stock	11/20/2024	P		5,000(1)	A	\$0.16	32,737	D	
Common Stock	11/21/2024	P		15,000(1)	A	\$0.16	47,737	D	
Common Stock							1,123,595	I	Adnant LLC ⁽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)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transac Code (In 8)				6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		Transaction(s) (Instr. 4)		
Series V Preferred Stock	\$0.0000							01/03/2024	(3)	Common Stock	357,143		3,571,429	I	Adnant LLC ⁽²⁾
Warrants	\$2.8							01/03/2023	12/31/2025	Common Stock	178,571		178,571	I	Adnant LLC ⁽²⁾

Explanation of Responses:

- 1. Purchase of common stock on the open market pursuant to the Board approval.
- 2. Reporting Person is the CEO and managing member of Adnant, LLC.
- 3. Each share of Series V Preferred Stock is convertible at the option of the holder into ten (10) shares of Common Stock at any time from and after the first anniversary of the issuance date. Each share of Series V Preferred Stock automatically converts into ten (10) fully paid and non-assessable shares of Common Stock on the second anniversary of the issuance date.

/s/ Sabas Carrillo 11/21/2024

** 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.