UNITED STATES SECURITIES AND EXCHANGE COMMISSION WASHINGTON D.C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): April 2, 2012

LIFEWAY FOODS, INC.

(Exact name of registrant as specified in its charter)

ILLINOIS 000-17363 36-3442829 (State or other jurisdiction (Commission File Number) (I.R.S. Employer of Identification No.) incorporation) 6431 West Oakton St. Morton Grove, IL 60053 (Address of principal executive offices) (Zip code) Registrant's telephone number, including area code: (847) 967-1010 N/A (Former name or former address, if changed since last report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- o Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- o Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- o Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))

o Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Item 7.01 Regulation FD Disclosure

On April 2, 2012, Lifeway Foods, Inc., an Illinois corporation issued a press release. A copy of the press release is attached hereto as Exhibit 99.1.

This Form 8-K and Exhibit 99.1 are each being furnished and therefore are not to be considered "filed" with the SEC, nor shall they be deemed incorporated by reference in any filing under the Securities Act of 1933 or the Exchange Act of 1934, regardless of any general incorporation language in such filing.

Item 9.01 Financial Statements and Exhibits

(d) Exhibits,

Exhibit No. Description of Exhibit

Exhibit 99.1 Press release dated April 2, 2012.

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SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

LIFEWAY FOODS, INC.

Dated: April 2, 2012 By: /s/ Edward Smolyansky

Edward Smolyansky

Chief Financial Officer and

Accounting Officer and Treasurer

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EXHIBIT INDEX

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