FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	DC	20549
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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)

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* Lizak Carol R. (Last) (First) (Middle) C/O JAGUAR HEALTH, INC. 200 PINE STREET, SUITE 400 (Street) SAN CA 94104					Issuer Name and Ticker or Trading Symbol Jaguar Health, Inc. [JAGX] Date of Earliest Transaction (Month/Day/Year) 04/05/2021 4. If Amendment, Date of Original Filed (Month/Day/Year)						6. li	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner X Officer (give title Other (specify below) Chief Financial Officer 6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person				
FRANCI (City)	SCO		(Zip)									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. Transa Date (Month/D			е	2A. Deemed Execution Date,		Code (Ins	on Dispos	rities Acquir ed Of (D) (Ins		5. Amour Securitie Beneficia Owned F	s ally following (I	o. Ownership Form: Direct D) or Indirect I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)			
							Code V	Amour	ount (A) or (D)		Transact (Instr. 3 a	ion(s)		(30. 4)		
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/Yea	Code	Transaction Code (Instr. 8)		n of		6. Date Exercisable and Expiration Date (Month/Day/Year)		d Amount ies ig e Security nd 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction((Instr. 4)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4	Beneficial Ownership (Instr. 4)	
				Code	e V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares					
Stock option (right to buy) ⁽¹⁾	\$1.99	04/05/2021 ⁽²⁾		A		81,250		(3)	04/05/203	1 Common Stock	81,250	\$0	81,250	D		
Restricted stock units ⁽¹⁾	(4)	04/05/2021 ⁽²⁾		A		40,625		(5)	(5)	Common Stock	40,625	\$0	40,625	D		

Explanation of Responses:

- 1. Granted pursuant to the issuer's 2014 Stock Incentive Plan.
- 2. The option and restricted stock unit grants were approved by the issuer's board of directors on April 5, 2021.
- 3. The option will vest ratably on a monthly basis over 36 months from the grant date, so long as the executive remains employed by the issuer.
- 4. Each restricted stock unit represents a contingent right to receive one share of the issuer's common stock.
- 5. The restricted stock units vest in three equal annual installments beginning on April 5, 2022, the first anniversary of the grant date. Vested shares will be delivered to the reporting person on the vesting date or dates provided in the grant notice.

/s/ Carol R. Lizak

04/07/2021

** 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.