

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK 0001551891
Filer CCC XXXXXXXXX
Is this a LIVE or TEST Filing? LIVE TEST

Submission Contact Information

Name
Phone
E-Mail Address

144: Issuer Information

Name of Issuer ARS Pharmaceuticals, Inc.
SEC File Number 001-39756
Address of Issuer 11682 EL CAMINO REAL, SUITE 120
SAN DIEGO
CALIFORNIA
92130
Phone 858-771-9307
Name of Person for Whose Account the Securities are To Be Sold Shawver Laura

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer Director

144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common	Merrill Lynch 101 S. Ellsworth Ave., 4th Floor San Mateo CA 94401	100000	720000.00	94403028	08/01/2023	Nasdaq

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired	Is this	Date Donor Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment *
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Gift?

Common	08/01/2023	Stock Option Award Exercise	ARS Pharmaceuticals, Inc. <input type="checkbox"/>	18715	08/01/2023	Cash
Common	04/29/2020	Stock Option Award	ARS Pharmaceuticals, Inc. <input type="checkbox"/>	81285	04/29/2020	Cash Upon Exercise

* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Laura Shawver 6638 Avenida De Las Pescas La Jolla CA 92037	Common	05/08/2023	57100	351917.52
Laura Shawver 6638 Avenida De Las Pescas La Jolla CA 92037	Common	05/09/2023	42900	227963.91
Laura Shawver 6638 Avenida De Las Pescas La Jolla CA 92037	Common	06/01/2023	73059	469858.26
Laura Shawver 6638 Avenida De Las Pescas La Jolla CA 92037	Common	06/02/2023	26941	187183.35
Laura Shawver 6638 Avenida De Las Pescas La Jolla CA 92037	Common	07/03/2023	26520	178343.73
Laura Shawver 6638 Avenida De Las Pescas La Jolla CA 92037	Common	07/05/2023	31112	199557.38
Laura Shawver 6638 Avenida De Las Pescas La Jolla CA 92037	Common	07/06/2023	33510	212551.06
Laura Shawver 6638 Avenida De Las Pescas La Jolla CA 92037	Common	07/07/2023	8858	56368.53

144: Remarks and Signature

Remarks	The nature of the payment will be cash for the Stock Option Award of 81,285 shares referenced in the Securities to be Sold section upon exercise.
Date of Notice	08/01/2023
Date of Plan Adoption or Giving of Instruction, If Relying on Rule 10b5-1	08/15/2022

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading

instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature

Laura Shawver

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)