Leide Dominic Form 4 February 07, 2019

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB

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if no longer subject to Section 16. Form 4 or Form 5

Check this box

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue. 30(h) of the Investment Company Act of 1940 See Instruction

(Print or Type Responses)

1(b).

(Last)

(City)

1. Name and Address of Reporting Person * Leide Dominic

2. Issuer Name and Ticker or Trading Symbol

SUPERIOR GROUP OF COMPANIES, INC. [SGC] (Check all applicable)

SUPERIOR GROUP OF

COMPANIES, INC., 10055 SEMINOLE BLVD.

3. Date of Earliest Transaction

(Month/Day/Year) 02/06/2019

Director 10% Owner X_ Officer (give title Other (specify below)

5. Relationship of Reporting Person(s) to

V.P. Admin & Customer Support / President

of The Office Gurus

(Street)

(State)

(First)

(Middle)

(Zip)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)

X Form filed by One Reporting Person Form filed by More than One Reporting

Table I. Non-Desiration Constitute Assumed Dispersed of an Desirable Constitution

Issuer

SEMINOLE, FL 33772

(- 3)	()	\ 1 abi	ie I - Non-L	perivative	Securi	ties Acqu	iirea, Disposea oi	, or Beneficial	y Ownea
1.Title of	2. Transaction Date	2A. Deemed	3.	4. Securit	ies Ac	quired	5. Amount of	6.	7. Nature of
Security	(Month/Day/Year)	Execution Date, if	Transactio	on(A) or Di	sposed	of (D)	Securities	Ownership	Indirect
(Instr. 3)		any	Code	(Instr. 3,	4 and 5	5)	Beneficially	Form: Direct	Beneficial
		(Month/Day/Year)	(Instr. 8)				Owned	(D) or	Ownership
							Following	Indirect (I)	(Instr. 4)
							Reported	(Instr. 4)	
					(A)		Transaction(s)		
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)		
Common Stock	02/06/2019		M	13,586 (1)	A	\$ 7.36	62,562	D	
Common Stock	02/06/2019		F	5,596 (2)	D	\$ 17.87	56,966	D	

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

Persons who respond to the collection of **SEC 1474** information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control number.

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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)			6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options (Right to Buy)	\$ 7.36	02/06/2019		M		13,586	02/07/2014	02/07/2019	Common Stock	13,586

Reporting Owners

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Leide Dominic

SUPERIOR GROUP OF
COMPANIES, INC.

V.P. Admin & Customer
Support
Gurus

10055 SEMINOLE BLVD. SEMINOLE, FL 33772

Signatures

/s/ Melinda

Barreiro 02/07/2019

**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) Shares acquired upon exercise of stock options.
- (2) These shares were delivered to the issuer to satisfy the exercise price of 13,586 stock options.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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