ALKALINE WATER Co INC

Form 4 May 22, 2014

FORM 4

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

OMB 3235-0287 Number:

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

January 31, Expires: 2005 Estimated average

OMB APPROVAL

Form 4 or Form 5 obligations may continue.

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

30(h) of the Investment Company Act of 1940

burden hours per response... 0.5

See Instruction

1(b).

(Last)

(Print or Type Responses)

1. Name and Address of Reporting Person *

Nickolas Steven Paul

2. Issuer Name and Ticker or Trading

Symbol

ALKALINE WATER Co INC

[WTR]

05/21/2014

3. Date of Earliest Transaction (Month/Day/Year)

X_ Officer (give title below) President CEO Chairman

X Director

Issuer

_X__ 10% Owner Other (specify

14301 NORTH 87 STREET, SUITE 301

(Street)

(First)

(Middle)

4. If Amendment, Date Original

Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check

5. Relationship of Reporting Person(s) to

(Check all applicable)

Applicable Line)

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

SCOTTSDALE, AZ 85260

(City)	(State)	(Zip) Tab	le I - Non-I	Derivative	Securities A	cquired, Dispose	ed of, or Benefi	cially Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securi onAcquirec Disposec (Instr. 3,	l (A) or l of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)
Common Stock						21,500,000	I	WiN Investments, LLC (1)
Common Stock						21,500,000	I	Lifewater Industries, LLC (2)
Series A Preferred Stock (3)						10,000,000	D	

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

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SEC 1474 (9-02)

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)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amou Underlying Securi (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amo Nun Shar
Stock Options	\$ 0.605					10/09/2013(4)	10/09/2023	Common	3,0
Stock Options	\$ 0.165					05/12/2014	05/12/2019	Common	60
Stock Options	\$ 0.1455	05/21/2014		A	3,000,000	05/21/2014(5)	05/21/2024	Common	3,0

Reporting Owners

Reporting Owner Name / Address		Relationships					
Troportung 0 m		Director	10% Owner	Officer	Other		
Nickolas Steven Pau 14301 NORTH 87 S' SCOTTSDALE, AZ	TREET, SUITE 301	X	X	President CEO Chairman			
LIFEWATER INDU 14301 NORTH 87 S' SCOTTSDALE, AZ	TREET, SUITE 301		X				
WIN INVESTMENT 14301 NORTH 87 S SCOTTSDALE, AZ	TREET SUITE 301		X				
Signatures							
/s/ Steven P. Nickolas	05/22/2014						
**Signature of Reporting Person	Date						

Reporting Owners 2

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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) Steven P. Nickolas is the manager of WiN Investments, LLC and holds voting and dispositive control over these shares.
- (2) Steven P. Nickolas is the manager of Lifewater Industries, LLC and holds voting and dispositive control over these shares.
- (3) The Series A Preferred Stock has 10 votes per share and is not convertible into shares of common stock.
- (4) The stock options vest as follows: (i) 1,000,000 on October 9, 2013; and (ii) 500,000 per quarter until fully vested.
- (5) The stock options vest as follows: (I) 1,500,000 on May 21, 2014 and (ii) 1,500,000 on November 21, 2014.

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.