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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

1. Name and Address of Reporting Person * <u>Bedwell Robert Phillip Jr.</u> (Last) (First) (Middle) C/O NEXTPLAT CORP, 3250 MARY ST., SUITE 410 (Street) COCONUT GROVE FL 33133 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>NextPlat Corp [NXPL]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner Officer (give title below) Other (specify below) X Chief Compliance Officer
	3. Date of Earliest Transaction (Month/Day/Year) 04/07/2023	
	4. If Amendment, Date of 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 Person
Rule 10b5-1(c) Transaction Indication <input type="checkbox"/> Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.		

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially 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. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	04/07/2023		A		5,000 ⁽¹⁾	A	\$0.00 ⁽³⁾	5,000	D	

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 Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Stock Options	\$1.98	04/07/2023		A		5,000		(2)	04/07/2028	Common Stock	5,000	\$0.00 ⁽³⁾	55,000	D	

Explanation of Responses:

- On April 7, 2023, Mr. Bedwell entered into a Restricted Stock Award Agreement with the Issuer, pursuant to which Mr. Bedwell was awarded 5,000 shares of Issuer's common stock. The restricted stock vests immediately upon issuance.
- On April 7, 2023, Mr. Bedwell entered into a Stock Option Agreement with the Issuer pursuant to which Mr. Bedwell was granted an option to purchase 5,000 shares of Issuer's common stock, of which one third of the shares of common stock vest immediately on the Grant Date, with options to purchase an additional third of the shares of common stock vesting on the one-year anniversary of the Grant Date, and options to purchase the remaining third of the shares of common stock vesting on the second-year anniversary of the Grant Date.
- The options were granted pursuant to the Issuer's 2021 Incentive Award Plan.

/s/ Robert Bedwell 06/09/2023
 ** 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.