FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APP	ROVAL
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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)

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

1. Name ar		2. Issuer Name and Ticker or Trading Symbol IONIS PHARMACEUTICALS INC [IONS]									tionship of Reporting all applicable) Director Officer (give title below)		10% Owi Other (sp		ner				
(Last) (First) (Middle) C/O IONIS PHARMACEUTICALS, INC. 2855 GAZELLE COURT							3. Date of Earliest Transaction (Month/Day/Year) 12/02/2019											below)	
(Street) CARLSE (City)			92010 (Zip)		_ 4.1	4. If Amendment, Date of Original Filed (Month/Day/Year)									idual or Joint/Group Filing (Check Applicable Form filed by One Reporting Person Form filed by More than One Reporting Person				
		Tab	le I - N	on-Deri	vativ	e Sec	urit	ies Ac	quire	d, Di	sposed o	f, or Be	nefici	ally	Owned				
Date				2. Transa Date (Month/D		Execution Date,		3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 a			and 5) Securiti Benefic		es ally Following	Form (D) o	n: Direct r Indirect istr. 4)	7. Nature of Indirect Beneficial Ownership	
									Code	v	Amount	(A) or (D)	Price		Reported Transaction(s) (Instr. 3 and 4)				(Instr. 4)
Common	Stock			12/02/	/2019	019 12/02/2019		2019	M ⁽¹⁾		1,000(1)	A	\$35	.53	13	3,683		D	
Common Stock 12/02/20					/2019	19 12/02/2019		2019	S ⁽¹⁾		1,000(1)	D	\$64.0	83(2)	12	2,683		D	
Common	Stock														100 I By son				
		-	Гable II								posed of, convertil				wned				
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. Transactio Code (Instr 8)		on of		6. Date E Expiration (Month/I	on Dat		7. Title and Amount of Securities Underlying Derivative Securi (Instr. 3 and 4)			Price of erivative ecurity nstr. 5)	9. Number derivative Securities Beneficiall Owned Following Reported Transactio (Instr. 4)	e C s F lly C	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
						v	(A)		Date Exercisa	able	Expiration Date	Title	Amou or Numb of Share	er					
Employee Stock Option (right to buy)	\$35.53	12/02/2019	12/02	2/2019	M			1,000	07/01/20)18 ⁽³⁾	06/30/2024	Common Stock	1,00	0	\$0	3,000		D	

Explanation of Responses:

- 1. Acquired as a result of exercising a stock option pursuant to Rule 10b5-1 Trading Plan. The purchase and sale reported on this Form 4 was effective pursuant to Rule 10b5-1 Trading Plan adopted by the reporting person on 10/11/2019.
- 2. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$63.795 to \$64.92, inclusive. The reporting person undertakes to provide to Ionis Pharmaceuticals, Inc., any security holder of Ionis Pharmaceuticals, Inc. or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in footnote (2) on this Form 4.
- 3. Represents the date on which the options are fully exercisable pursuant to the vesting schedule of the grant.

Remarks:

/s/Patrick R. O'Neil, attorney-

12/04/2019

in-fact

** 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.