| Form 144 Filer Information | UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549 |
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| | 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   0001537529
Filer CCC   XXXXXXXX
Is this a LIVE or TEST Filing?   ⦿ LIVE ◯ TEST

Submission Contact Information

Name
Phone
E-Mail Address

144: Issuer Information

Name of Issuer	IONIS PHARMACEUTICALS INC
SEC File Number	000-19125
Address of Issuer	2855 GAZELLE COURT
CARLSBAD
CALIFORNIA
92010
Phone	7609319200
Name of Person for Whose Account the Securities are To Be Sold	Monia Brett P

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	Officer
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 Stock	Morgan Stanley Smith Barney
1585 Broadway
New York NY 10036	23501	1160302.64	143472119	02/02/2024	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	Name of Person from Whom	Is this Donor	Date	Amount of Securities	Date of Payment	Nature of Payment *

	Transaction	Acquired	a Acquired Gift?	Acquired	Acquired
Common	02/01/2024	PSUs granted under the 2011 Equity Incentive Plan	Ionis Pharmaceuticals, Inc. ☐	23501	02/01/2024 Services rendered

* 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
Insight Securities, Inc 600 Central STE 293 Highland Park IL 60035	Common Stock	12/14/2023	24000	1190018.00
Insight Secirities, Inc 600 Central STE 293 Highland Park IL 60035	Common Stock	12/20/2023	6500	322643.00
Insight Securities, Inc. 600 Central STE 293 Highland Park IL 60035	Common Stock	12/21/2023	17500	862577.00
Morgan Stanley Smith Barney 1585 Broadway New York NY 10036	Common Stock	01/17/2024	32059	1620245.83
Insight Securities, Inc. 600 Central, STE 293 Highland Park IL 60035	Common Stock	01/25/2024	2285	118248.75

144: Remarks and Signature

Remarks

Date of Notice   02/02/2024

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   Brett P. Monia

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