

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 XXXXXXXXX  
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 Common Stock  
ETrade by Morgan Stanley  
200 Hudson Street, Suite 501  
Name and Address of the Broker New Jersey  
NJ  
07311  
Number of Shares or Other Units To Be Sold 24000  
Aggregate Market Value 984000.00  
Number of Shares or Other Units Outstanding 142050000  
Approximate Date of Sale 01/18/2023  
Name the Securities Exchange 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 Common  
Date you Acquired 01/17/2023  
Nature of Acquisition Transaction RSUs granted under the 2011 Equity Incentive Plan  
Name of Person from Whom Acquired Ionis Pharmaceuticals Inc

Is this a Gift?  Checkbox not checked Date Donor Acquired

Amount of Securities Acquired 24000  
Date of Payment 01/18/2023  
Nature of Payment 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

Nothing to Report

# 144: Remarks and Signature

Remarks  
Date of Notice 01/18/2023

## **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)**