## FORM 4

#### UNITED STATES SECURITIES AND EXCHANGE COMMISSION

 0 .,0	0_000			
	Washington.	D.C. 2	0549	

OMB APPROVA
-------------

OMB Number: 3235-0287 Estimated average burden hours per response:

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

Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.

# 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 and Address		Person*	2. Issuer Name and Ticker or Trading Symbol IONIS PHARMACEUTICALS INC [ IONS ]	Relationship of Reporting Person(s) to Issuer (Check all applicable)     Director 10% Owner				
(Last) (First) (1) 2855 GAZELLE COURT		(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 01/15/2025		Other (specify elow)			
(Street) CARLSBAD	CA	92010	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Che Line)  Form filed by One Reporting Form filed by More than One	Person			
(City)	(State)	(Zip)	Derivative Securities Acquired, Disposed of, or Benefi	Person				

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)					5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership		
			Code V		Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(Instr. 4)		
Common Stock	01/15/2025		M <sup>(1)</sup>		8,787(1)	A	\$0.0	28,418	D			
Common Stock	01/16/2025		S <sup>(2)</sup>		3,401(2)	D	\$32.7	25,017	D			
Common Stock	01/15/2025		M <sup>(1)</sup>		2,460(1)	A	\$0.0	4,100	I	by Spouse		
Common Stock	01/16/2025		S <sup>(2)</sup>		1,029(2)	D	\$32.7	3,071	I	by Spouse		

### Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

(e.g., pate, saile, martante, 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. Transa Code ( 8)		5. Numb Derivati Securiti Acquire or Dispo of (D) (II 4 and 5)	ve es ed (A) osed nstr. 3,	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	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	Amount or Number of Shares		Transaction(s) (Instr. 4)		
Performance Restricted Stock Units <sup>(3)</sup>	\$0.0	01/15/2025		A		22,000		01/15/2028 <sup>(4)</sup>	(4)	Common Stock	22,000	\$0.0	51,290	D	
Restricted Stock Unit <sup>(5)</sup>	\$0.0 <sup>(6)</sup>	01/15/2025		A		33,000		01/15/2026 <sup>(7)</sup>	(7)	Common Stock	33,000	\$0.0	86,135	D	
Restricted Stock Unit	\$0.0 <sup>(6)</sup>	01/15/2025		M			8,787	01/15/2025 <sup>(7)</sup>	(7)	Common Stock	8,787	\$0.0	77,348	D	
Restricted Stock Unit <sup>(8)</sup>	\$0.0 <sup>(6)</sup>	01/15/2025		A		3,750		01/15/2026 <sup>(7)</sup>	(7)	Common Stock	3,750	\$0.0	10,784	I	by Spouse
Restricted Stock Unit	\$0.0 <sup>(6)</sup>	01/15/2025		M			2,460	01/15/2025 <sup>(7)</sup>	(7)	Common Stock	2,460	\$0.0	8,324	I	by Spouse

### **Explanation of Responses:**

- 1. Acquired pursuant to vesting and release of shares in accordance with Restricted Stock Unit awards.
- 2. The sale was made pursuant to an automatic sale to cover the required tax withholding obligations pursuant to the 2011 Equity Incentive Plan Restricted Stock Unit Agreement and Grant Notice.
- 3. Grant to reporting person of Performance Restricted Stock Units (PRSUs) under the Ionis Pharmaceuticals, Inc. Amended and Restated 2011 Equity Incentive Plan.
- 4. The PRSUs may vest at the end of the three-year performance period following the date of grant based on the Issuer's relative total shareholder return as compared to a peer group of companies. The number of PRSUs reported represents the maximum that may be earned, which is 200% of the target number. No number of PRSUs is guaranteed to vest and the actual number of PRSUs that will vest at the end of the performance period may be anywhere from zero to the amount stated.
- 5. Grant to reporting person of Restricted Stock Units under the Ionis Pharmaceuticals, Inc. Amended and Restated 2011 Equity Incentive Plan
- 6. Each Restricted Stock Unit represents a contingent right to receive one share of Ionis common stock, or its equivalent cash value.
- 7. Restricted Stock Units vest in four equal annual installments. Upon vesting, the restricted stock units will be paid out in whole shares of Ionis common stock or cash as may be determined by the Company.
- 8. Grant to reporting person's spouse of Restricted Stock Units under the Ionis Pharmaceuticals, Inc. Amended and Restated 2011 Equity Incentive Plan

By: Patrick R. O'Neil, attorneyin-fact For: Joseph T. Baroldi

01/17/2025

\*\* 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.