FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

SSION OMB APPROVAL

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

X	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.
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	Holdings, Inc. [BFRG,BFRGW] (Check all applicable) X Director X 10% Owner
(Last) (First) (Middle) 325 ELLINGTON BLVD, UNIT 317 07/05/2024	ransaction (Month/Day/Year) X Director X 10% Owner X Officer (give title Other (specify below) below) Chief Executive Officer
(Street) GAITHERSBURG MD 20878 (City) (State) (Zip)	ate 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

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. Transac Code (Ir 8)		Of (D) (Instr. 3, 4 and 5)		5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership	
			Code	v	Amount	(A) or (D)	Price	(Instr. 3 and 4)		(Instr. 4)
Common Stock	07/05/2024		S		7,095(1)	D	\$1.5799 ⁽¹⁾	2,514,867	D	
Common Stock	07/08/2024		S		10,670(2)	D	\$1.4704(2)	2,504,197	D	
Common Stock	07/09/2024		S		11,751(3)	D	\$1.593 ⁽³⁾	2,492,446	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. Transac Code (Ir 8)		5. Num Derivat Securit Acquin or Disp (D) (Ins and 5)	tive ties ed (A) oosed of	6. Date Exerc Expiration Da (Month/Day/Y	ate	7. Title and A Securities U Derivative Si (Instr. 3 and	nderlying ecurity	8. Price of Derivative Security (Instr. 5)	Reported	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		Transaction(s) (Instr. 4)		

Explanation of Responses:

1. On July 5, 2024, Mr. Singh sold 7,095 shares of Issuer's common stock at an average price of \$1.5799 per share. The sale price represents the weighted average sale price for multiple transactions reported. Upon request by the Commission, the Issuer or the Reporting Person shall provide full information regarding the number of shares purchased at each separate price.

2. On July 8, 2024, Mr. Singh sold 10,670 shares of Issuer's common stock at an average price of \$1.4704 per share. The sale price represents the weighted average sale price for multiple transactions reported. Upon request by the Commission, the Issuer or the Reporting Person shall provide full information regarding the number of shares purchased at each separate price.

3. On July 9, 2024, Mr. Singh sold 11,751 shares of Issuer's common stock at an average of \$1.593 per share. The sale price represents the weighted average sale price for multiple transactions reported. Upon request by the Commission, the Issuer or the Reporting Person shall provide full information regarding the number of shares purchased at each separate price.

<u>/s/</u>	Vir	ninde	r Sin	gh	

** Signature of Reporting Person

07/09/2024 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.