

FORM 3

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL	
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INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person * RAUSCH CARL W		2. Date of Event Requiring Statement (Month/Day/Year) 08/12/2016	3. Issuer Name and Ticker or Trading Symbol Boston Therapeutics, Inc. [BTHE]	
(Last)	(First) (Middle)		4. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below) CEO	5. If Amendment, Date Original Filed(Month/Day/Year)
C/O BOSTON THERAPEUTICS, INC., 354 MERRIMACK STREET, #4				
(Street)				
LAWRENCE, MA 01843				
(City)	(State)	(Zip)		

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

SEC 1473 (7-02)

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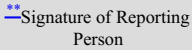
Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			
Stock Options (1)	08/12/2016(1)	(1)	Common Stock, \$0.0001 par value per share	6,000,000 (1)	\$ 0.2 (1)	D	
Stock Options	03/25/2015	08/12/2026	Common Stock, \$0.0001 par value per share	500,000	\$ 0.18	D	
Stock Options	09/15/2011	08/12/2026	Common Stock, \$0.0001 par value per share	1,500,000	\$ 0.1	D	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
RAUSCH CARL W C/O BOSTON THERAPEUTICS, INC. 354 MERRIMACK STREET, #4 LAWRENCE, MA 01843	X		CEO	

Signatures

/s/ Carl W. Rausch		05/10/2017
		Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 5(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).

The options vest in three equal tranches of 2,000,000 upon the Company raising \$1,000,000 in financing, the Company raising \$5,000,000 in financing and the Company entering into a significant corporate alliance for substantial marketing and selling of (1) the Company's product portfolio. The initial tranche is exercisable at \$0.20 per share, the second tranche will be \$0.40 per share and the third tranche will be \$0.60 per share, which such vesting is subject to continued employment as an executive with the Company as of the vesting date. The expiration date is five years from the date of grant.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *See* Instruction 6 for procedure.

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