SEC Form 4

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

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

☐ 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.

1. Name and Address of Reporting Person *

Francis Knuettel II

(Last) (First) (Middle)

C/O OS THERAPIES INCORPORATED

115 PULLMAN CROSSING ROAD, SUITE 103

(Street)

GRASONVILLE MD 21638

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading Symbol

OS Therapies Inc [OSTX]

3. Date of Earliest Transaction (Month/Day/Year)

11/10/2026

4. If Amendment, Date of Original Filed (Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director — 10% Owner

X Officer (give title below) — Other (specify below)

Chief Financial Officer

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. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	11/10/2026		A		250,000[1]	A	$0[1]	250,000	D	
Common Stock								20,000	I	By Lara Knuettel Revocable Trust[2]

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. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		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 Transaction(s) (Instr. 4)	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				
Stock options (right to buy)	$0.89	11/10/2026		A		750,000		(3)	11/10/2036	Common Stock	750,000	$0	750,000	D	

Explanation of Responses:

1. On November 10, 2026 (the "Grant Date"), the reporting person was granted 250,000 restricted stock units ("RSUs") pursuant to the terms and conditions of a restricted stock unit award agreement and the issuer's amended and restated 2023 incentive compensation plan. Each RSU represents a contingent right to receive one share of the issuer's common stock upon vesting and settlement. 20% of the RSUs vested on the Grant Date, and the remaining 80% vest in 12 equal quarterly installments on the last day of each calendar quarter, commencing December 31, 2026 and ending September 30, 2029, provided that the reporting person is serving as an employee of the issuer on each applicable vesting date.

2. The reporting person is the co-trustee of the Lara Knuettel Revocable Trust and may be deemed to beneficially own the shares of common stock held of record by such trust. The reporting person disclaims beneficial ownership of such shares except to the extent of his pecuniary interest therein.

3. On the Grant Date, the reporting person was granted options to purchase 750,000 shares of the issuer's common stock pursuant to the terms and conditions of a stock option award agreement and the issuer's amended and restated 2023 incentive compensation plan. 20% of these options vested on the Grant Date, and the remaining 80% vest in 12 equal quarterly installments on the last day of each calendar quarter, commencing December 31, 2026 and ending September 30, 2029, provided that the reporting person is serving as an employee of the issuer on each applicable vesting date.

/s/ Francis Knuettel II — 11/12/2026

** 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.