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Form 4											
	IN 23, 2012 FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION						OMB APPROVAL				
-	UNITE	D STATES		RITIES A shington,			NGE (COMMISSION	OMB Number:	3235-0287	
Check the if no long subject to	is box e ^r STATEMENT OF CHANCES IN BENEFICIAL OWNERSHIP OF								Expires:	January 31, 2005	
Subject to Section 16. Form 4 or				SECUR	ITIES				Estimated a burden hou response		
Form 5 obligations may continue. See Instruction 1(b). Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940											
(Print or Type I	Responses)										
BRIDGEN JOHN Syn			Symbol	2. Issuer Name and Ticker or Trading Symbol ALERE INC. [ALR]				5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Check					k all applicable	:)		
			(Month/Day/Year) 07/19/2012					Director 10% Owner X_ Officer (give title Other (specify below) below) VP, Strategic Business Develop			
Filed(Mor				ndment, Date Original nth/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 			
WALTHAN	I, MA 02453							Person		porting	
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deemed Execution D any (Month/Day			n Date, if	Date, if Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5)				Securities Beneficially	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
				Code V	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)			
Common Stock	07/19/2012 <u>(2)</u>			М	4,752	А	\$ 11.75	7,385	D		
Common Stock	07/19/2012 <u>(2)</u>			S	4,752	D	\$ 20	2,633	D		

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

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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. Transactic Code (Instr. 8)	5. Number on f 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 Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (Right to Buy)	\$ 11.75	07/19/2012(<u>2)</u>		М	4,752	09/20/2006	09/20/2012	Common Stock	4,752

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
BRIDGEN JOHN 51 SAWYER ROAD, SUITE 200 WALTHAM, MA 02453			VP, Strategic Business Develop				

Signatures

/s/ John Bridgen PhD **Signature of Reporting Person 07/20/2012 Date

Explanation of Responses:

- * 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).
- (1) This derivative security does not have a price.
- (2) The transactions reported on this Form were made pursuant to a written 10b5-1 trading plan adopted in accordance with SEC Rule 10b5-1. Represents same day exercise and sale of expiring stock options.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.