

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

FORM 144
NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

OMB APPROVAL
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SEC USE ONLY

DOCUMENT SEQUENCE NO.

CUSIP NUMBER

WORK LOCATION

TELEPHONE NO.

AREA CODE

NUMBER

3 0 3 3 7 3 4 8 6 0

ATTENTION: Transmitt for filing 2 copies of this form concurrently with either placing an order with a broker to execute sale or executing a sale directly with a market maker.

1 (a) NAME OF ISSUER (Officer type or penny)		(b) ISSUANT NO.	(c) S.E.C. FILE NO.
SCOTTS LIQUID GOLD INC.		84-0920811	001-13456
1 (a) ADDRESS OF ISSUER		CITY	STATE ZIP CODE
8400 E. CRESCENT PARKWAY, SUITE 450		GREENWOOD VILLAGE	CO 80111
2 (a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD		(b) RELATIONSHIP TO ISSUER control person/ 10% Shareholder	(c) ADDRESS STREET CITY STATE ZIP CODE
MARK E. GOLDSTEIN		8400 E CRESCENT PARKWAY	GREENWOOD CO 80111

INSTRUCTION: The person filing this notice should contact the issuer to obtain the I.R.S. Identification Number and the S.E.C. File Number.

3 (a) Title of the Class of Securities To Be Sold	3 (b) Name and Address of Each Broker Through Whom the Securities are to be Offered or Each Market Maker Who is Acquiring the Securities	SEC USE ONLY Broker-Dealer File Number	3 (c) Number of Shares or Other Units To Be Sold (See Item 3 (d))	3 (d) Aggregate Market Value (See Item 3 (d))	3 (e) Number of Shares or Other Units Outstanding (See Item 3 (d))	3 (f) Approximate Date of Sale (See Item 3 (d)) (MO. DAY YR.)	3 (g) Name of Each Securities Exchange (See Item 3 (d))
common	LINCOLN FINANCIAL SERVICES 100 CROSBY PARKWAY COVINGTON KY 41015		128,279 379,544	265,000	12,627,963	08/31/21	OTC

INSTRUCTIONS:

- (a) Name of issuer
(b) Issuer's I.R.S. Identification Number
(c) Issuer's S.E.C. file number, if any
(d) Issuer's address, including zip code
(e) Issuer's telephone number, including area code
- (a) Name of person for whose account the securities are to be sold
(b) Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing)
(c) Such person's address, including zip code
- (a) Title of the class of securities to be sold
(b) Name and address of each broker through whom the securities are intended to be sold
(c) Number of shares or other units to be sold (if debt securities, give the aggregate face amount)
(d) Aggregate market value of the securities to be sold as of a specified date within 10 days prior to the filing of this notice
(e) Number of shares or other units of the class outstanding, or if debt securities the face amount thereof outstanding, as shown by the most recent report or statement published by the issuer
(f) Approximate date on which the securities are to be sold
(g) Name of each securities exchange, if any, on which the securities are intended to be sold

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 control number.

SEC 1147 (08-07)
1.748092.112

TABLE I — SECURITIES TO BE SOLD

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Type of the Issue	Date Acquired	Symbol or CUSIP Identification	Name of Person from Whom Acquired (If not, state where and how acquired)	Amount of Securities Acquired	Date of Payment	Name of Payor
common	08/06/2021	Stock Award	SCOTTS LIQUID GOLD Initial: <i>WJC</i>	140,000 126,279	08/06/2021	Not Applicable

INSTRUCTIONS: If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note below the nature of the consideration given. If the consideration consisted of any sale or other obligation, or if payment was made in installments, describe the arrangement and state when the sale or other obligation was discharged in full or the last installment paid.

TABLE II — SECURITIES SOLD DURING THE PAST 3 MONTHS

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold:

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
MARK E. GOLDSTEIN 8400 E CRESCENT PARKWAY, SUITE 450 GREENWOOD VILLAGE CO 80111	SCOTTS LIQUID GOLD INC.	N/A	N/A	N/A

REMARKS:

INSTRUCTIONS:

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (a) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

ATTENTION: The person for whose account the securities are to be sold must retain and be able to furnish promptly on request this notice that he does not have any material nonpublic information in regard to the current and prospective operations of the issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given initial instructions to a broker or dealer under the Exchange Act, by signing the foregoing indicating the date that the plan was adopted or the instruction given, that person makes such representation as to the plan adoption or instruction date.

08/20/2021

DATE OF NOTICE

DATE OF PLAN ADOPTION OR GIVING OF INSTRUCTIONS
(EXCEEDING ON RULE 144)

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed and copies not manually signed shall bear typed or printed signatures.

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)

SEC 1347 (02-05)