

RAYMOND JAMES®

Document Information Sheet



Document

Document Name: SEC Form 144

Document Number: 0 1 1 4 7

Account Number: 29781361

Business Unit

Business Unit Name: Custody Department

Business Unit Fax: (866) 406-4232

Additional Notes

The contents of this fax message and any attachments are intended solely for the addressee(s) named in this message. This communication is intended to be and to remain confidential and may be subject to applicable attorney/client and/or work product privileges, and may constitute non-public information. This information is intended for use only by the addressee indicated above. If you are not the intended recipient of this message, or if this message has been addressed to you in error, please immediately alert Raymond James Branch Services Department by calling us at (800-647-7274 x73000). Please return the original message to us by fax, mail, or if electronic, reroute the messages back to the sender, and then destroy this message and its attachments. Please be advised that any disclosure, copying, distribution, or use of the contents of this information is strictly prohibited and may be unlawful.

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:

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired (If gift, also give date donor acquired)	Amount of Securities Acquired	Date of Payment	Nature of Payment
COMMON	1/16/18	STOCK OPTION GRANT	ISSUER	4,542	NOV. 2022	CASH

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 thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note 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
SAME AS 2(a)-(b)			SEE EXHIBIT "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 (e) 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 to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse 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 trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

NOVEMBER 9, 2022

 (SIGNATURE)

DATE OF NOTICE 9-23-22

DATE OF PLAN ADOPTION OR GIVING OF INSTRUCTION, IF RELYING ON RULE 10b5-1

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. Any 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)

EXHIBIT A

TABLE II - SECURITIES SOLD DURING THE PAST 3 MONTHS

9-Nov-22

LAURIE LATHAM
C/O QUEST RESOURCE HOLDING CO.
3481 Plano Parkway
The Colony TX 75056

TITLE OF SECURITIES SOLD	DATE OF SALE	AMOUNT OF SECURITIES SOLD	GROSS PROCEEDS
COMMON	8/29/2022	8,730	\$61,166.75
COMMON	8/30/2022	6,963	\$48,754.23
COMMON	9/1/2022	1,871	\$13,097.00
COMMON	9/8/2022	9,961	\$40,928.25
COMMON	9/9/2022	2,605	\$22,132.75
COMMON	9/12/2022	7,434	\$63,417.22
COMMON	9/21/2022	10,000	\$80,665.00
COMMON	10/24/2022	12,189	\$97,004.50
COMMON	10/25/2022	10,311	\$85,070.00
COMMON	10/26/2022	10,000	\$85,305.00
COMMON	10/31/2022	42,500	\$363,070.75
COMMON	11/7/2022	67,411	\$595,772.70
COMMON	11/8/2022	800	\$7,200.00