

Form 144 Filer Information

FORM 144

**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****144: Filer Information**

Filer CIK	<input type="text" value="0002015796"/>
Filer CCC	<input type="text" value="XXXXXXXX"/>
Is this a LIVE or TEST Filing?	<input checked="" type="radio"/> LIVE <input type="radio"/> TEST

Submission Contact Information

Name	<input type="text"/>
Phone	<input type="text"/>
E-Mail Address	<input type="text"/>

144: Issuer Information

Name of Issuer	<input type="text" value="LENZ THERAPEUTICS, INC."/>
SEC File Number	<input type="text" value="001-40532"/>
Address of Issuer	<input type="text" value="201 Lomas Santa Fe Dr., Suite 300"/> <input type="text" value="Solana Beach"/> <input type="text" value="CALIFORNIA"/> <input type="text" value="92075"/>
Phone	<input type="text" value="858-925-7000"/>
Name of Person for Whose Account the Securities are To Be Sold	<input type="text" value="SHAWN OLSSON"/>

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.

Relationship to Issuer	<input type="text" value="Officer"/>
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144: Securities Information

Title of the Class of Securities To Be Sold	<input type="text" value="Common"/>
Name and Address of the Broker	<input type="text" value="Morgan Stanley Smith Barney LLC Executive Financial Services"/> <input type="text" value="1 New York Plaza"/> <input type="text" value="8th Floor"/> <input type="text" value="New York"/> <input type="text" value="NY"/> <input type="text" value="10004"/>
Number of Shares or Other Units To Be Sold	<input type="text" value="40000"/>
Aggregate Market Value	<input type="text" value="1024000.00"/>
Number of Shares or Other Units Outstanding	<input type="text" value="31289969"/>
Approximate Date of Sale	<input type="text" value="11/17/2025"/>
Name the Securities Exchange	<input type="text" value="NASDAQ"/>

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:

144: Securities To Be Sold

Title of the Class

Common

Date you Acquired

11/17/2025

Nature of Acquisition Transaction

Exercise of Stock Options

Name of Person from Whom Acquired

Issuer

Is this a Gift?



Date Donor Acquired

Amount of Securities Acquired

40000

Date of Payment

11/17/2025

Nature of Payment

Cash

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.

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.

144: Securities Sold During The Past 3 Months

Nothing to Report



144: Remarks and Signature

Remarks

The securities to be sold were and will be received upon the exercise of stock options over the next three months. The dates of acquisition and payment were and will be the dates of exercise/sale.

Date of Notice

11/17/2025

Date of Plan Adoption or Giving of Instruction, If Relying on Rule 10b5-1

08/12/2025

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.

Signature

/s/ Shawn Olsson

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