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

SCHEDULE 13D/A

Under the Securities Exchange Act of 1934
(Amendment No. 2)*

INNOVATIVE FOOD HOLDINGS, INC.

(Name of Issuer)

COMMON STOCK

(Title of Class of Securities)

45772H202

(CUSIP Number)

DENVER J. SMITH
52 CARLSON DRIVE
MILFORD, CT 06460
(405) 830 - 3274

(Name, Address and Telephone Number of Person
Authorized to Receive Notices and Communications)

07/17/17

(Date of Event which Requires
Filing of this Statement)

If the filing person has previously filed a statement on Schedule 13G to report the acquisition that is the subject of this Schedule 13D, and is filing this schedule because of §§ 240.13d-1(e), 240.13d-1(f) or 240.13d-1(g), check the following box

*The remainder of this cover page shall be filled out for a reporting person's initial filing on this form with respect to the subject class of securities, and for any subsequent amendment containing information which would alter disclosures provided in a prior cover page.

The information required on the remainder of this cover page shall not be deemed to be "filed" for the purpose of Section 18 of the Securities Exchange Act of 1934 ("Act") or otherwise subject to the liabilities of that section of the Act but shall be subject to all other provisions of the Act (however, see the Notes).

CUSIP No.		45772H202		Page 2 of 13 Pages		
1	NAME OF REPORTING PERSON I.R.S. IDENTIFICATION NO. OF ABOVE PERSON (ENTITIES ONLY) Denver J. Smith					
2	CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (SEE INSTRUCTIONS)				(a)	<input checked="" type="checkbox"/>
					(b)	<input type="checkbox"/>
3	SEC USE ONLY					
4	SOURCE OF FUNDS (SEE INSTRUCTIONS) PF					
5	CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)					<input type="checkbox"/>
6	CITIZENSHIP OR PLACE OF ORGANIZATION United States Of America					
NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH	7	SOLE VOTING POWER 772,679 shares				
	8	SHARED VOTING POWER 850,624 shares				
	9	SOLE DISPOSITIVE POWER 772,679 shares				
	10	SHARED DISPOSITIVE POWER 850,624 shares				
11	AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON 1,623,303 shares					
12	CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (SEE(SEE INSTRUCTIONS) (SEE INSTRUCTIONS)					<input type="checkbox"/>
13	PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11) 5.4%					
14	TYPE OF REPORTING PERSON IN					

1	NAME OF REPORTING PERSON I.R.S. IDENTIFICATION NO. OF ABOVE PERSON (ENTITIES ONLY) Donald E. Smith	
2	CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (SEE INSTRUCTIONS)	
		(a) <input checked="" type="checkbox"/>
		(b) <input type="checkbox"/>
3	SEC USE ONLY	
4	SOURCE OF FUNDS (SEE INSTRUCTIONS) PF	
5	CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)	
		<input type="checkbox"/>
6	CITIZENSHIP OR PLACE OF ORGANIZATION United States Of America	
NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH	7	SOLE VOTING POWER 26,000
	8	SHARED VOTING POWER 804,804 shares
	9	SOLE DISPOSITIVE POWER 26,000
	10	SHARED DISPOSITIVE POWER 804,804 shares
11	AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON 830,804 shares	
12	CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (SEE INSTRUCTIONS) (SEE INSTRUCTIONS)	
		<input type="checkbox"/>
13	PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11) 2.8%	
14	TYPE OF REPORTING PERSON IN	

1	NAME OF REPORTING PERSON I.R.S. IDENTIFICATION NO. OF ABOVE PERSON (ENTITIES ONLY) Richard G. Hill	
2	CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (SEE INSTRUCTIONS)	
(a) <input checked="" type="checkbox"/>		
(b) <input type="checkbox"/>		
3	SEC USE ONLY	
4	SOURCE OF FUNDS (SEE INSTRUCTIONS) PF	
5	CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e) <input type="checkbox"/>	
6	CITIZENSHIP OR PLACE OF ORGANIZATION United States Of America	
NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH	7	SOLE VOTING POWER 39,300 shares
	8	SHARED VOTING POWER 45,820 shares
	9	SOLE DISPOSITIVE POWER 39,300 shares
	10	SHARED DISPOSITIVE POWER 45,820 shares
11	AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON 85,120 shares	
12	CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (SEE INSTRUCTIONS) <input type="checkbox"/>	
13	PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11) 0.3%	
14	TYPE OF REPORTING PERSON IN	

1	NAME OF REPORTING PERSON I.R.S. IDENTIFICATION NO. OF ABOVE PERSON (ENTITIES ONLY) Samuel N. Jurrens
2	CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (SEE INSTRUCTIONS) <div style="float: right;"> (a) <input checked="" type="checkbox"/> (b) <input type="checkbox"/> </div>
3	SEC USE ONLY
4	SOURCE OF FUNDS (SEE INSTRUCTIONS) PF
5	CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e) <input type="checkbox"/>
6	CITIZENSHIP OR PLACE OF ORGANIZATION United States Of America
NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH	7 SOLE VOTING POWER 59,545 shares
	8 SHARED VOTING POWER 0 shares
	9 SOLE DISPOSITIVE POWER 59,545 shares
	10 SHARED DISPOSITIVE POWER 0 shares
11	AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON 59,545 shares
12	CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (SEE(SEE INSTRUCTIONS) (SEE INSTRUCTIONS) <input type="checkbox"/>
13	PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11) 0.2%
14	TYPE OF REPORTING PERSON IA, IN

1	NAME OF REPORTING PERSON I.R.S. IDENTIFICATION NO. OF ABOVE PERSON (ENTITIES ONLY) 73114 Investments, LLC 26-3607132		
2	CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (SEE INSTRUCTIONS)		(a) <input checked="" type="checkbox"/> (b) <input type="checkbox"/>
3	SEC USE ONLY		
4	SOURCE OF FUNDS (SEE INSTRUCTIONS) WC		
5	CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e) <input type="checkbox"/>		
6	CITIZENSHIP OR PLACE OF ORGANIZATION Oklahoma		
NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH	7	SOLE VOTING POWER 744,804	
	8	SHARED VOTING POWER 0	
	9	SOLE DISPOSITIVE POWER 744,804	
	10	SHARED DISPOSITIVE POWER 0	
11	AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON 744,804 shares		
12	CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (SEE INSTRUCTIONS) <input type="checkbox"/>		
13	PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11) 2.5%		
14	TYPE OF REPORTING PERSON CO		

1	NAME OF REPORTING PERSON I.R.S. IDENTIFICATION NO. OF ABOVE PERSON (ENTITIES ONLY) Youth Properties, LLC 27-2901108	
2	CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (SEE INSTRUCTIONS)	
3 SEC USE ONLY		
4	SOURCE OF FUNDS (SEE INSTRUCTIONS) WC	
5	CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)	
6	CITIZENSHIP OR PLACE OF ORGANIZATION Oklahoma	
NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH		
7	SOLE VOTING POWER 60,000 shares	
8	SHARED VOTING POWER 0 shares	
9	SOLE DISPOSITIVE POWER 60,000 shares	
10	SHARED DISPOSITIVE POWER 0 shares	
11	AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON 60,000 shares	
12	CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (SEE INSTRUCTIONS)	
13	PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11) 0.2%	
14	TYPE OF REPORTING PERSON CO	

1	NAME OF REPORTING PERSON I.R.S. IDENTIFICATION NO. OF ABOVE PERSON (ENTITIES ONLY) Paratus Capital, LLC 46-0672795		
2	CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (SEE INSTRUCTIONS)		(a) <input checked="" type="checkbox"/> (b) <input type="checkbox"/>
3	SEC USE ONLY		
4	SOURCE OF FUNDS (SEE INSTRUCTIONS) WC		
5	CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e) <input type="checkbox"/>		
6	CITIZENSHIP OR PLACE OF ORGANIZATION Oklahoma		
NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH	7	SOLE VOTING POWER 45,820 shares	
	8	SHARED VOTING POWER 0	
	9	SOLE DISPOSITIVE POWER 45,820 shares	
	10	SHARED DISPOSITIVE POWER 0 shares	
11	AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON 45,820 shares		
12	CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (SEE INSTRUCTIONS) <input type="checkbox"/>		
13	PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11) 0.2%		
14	TYPE OF REPORTING PERSON PN		

EXPLANATORY NOTE

This Amendment No. 2 to Schedule 13D (“Amendment No. 2”) amends and supplements the prior statement on Schedule 13D (the “Schedule 13D”) as filed on May 4, 2017, by (i) Denver J. Smith, (ii) Donald E. Smith, (iii) Richard G. Hill, (iv) Christopher J. Lollar, (v) Samuel N. Jurens, (vi) 73114 Investments, LLC, (vii) Youth Properties, LLC, and (viii) Paratus Capital, LLC who were collectively referred to as the “Reporting Persons”, related to shares of common stock of Innovative Food Holdings, Inc., a Florida Corporation (the “Issuer”), whose principal executive offices are located at 26411 Race Track Rd, Bonita Springs, FL 34135. Each item below amends and supplements the information disclosed under the corresponding item of the Schedule 13D. Except as indicated herein, the information set forth in the Schedule 13D remains unchanged in all material respects. Unless otherwise indicated, all capitalized terms used herein but not defined shall have the same meanings as set forth in the Schedule 13D.

On July 17th of 2017, Christopher J. Lollar redeemed his ownership in Paratus Capital, LLC for personal reasons. Concurrent with the recent redemption of his ownership in Paratus Capital, LLC, Mr. Lollar no longer wishes to expressly affirm his membership to the filing group which was previously formed and detailed in the initial Schedule 13D. This Amendment No. 2 is being filed to remove Mr. Lollar from the filing group, and to provide updated information with respect to the members of the new filing group.

Item 1. Security and Issuer.

There are no amendments to Item 1 of the Schedule 13D pursuant to this Amendment No. 2.

Item 2. Identity and Background.

(a) This Amendment No. 2 to Schedule 13D is filed by (i) Denver J. Smith, (ii) Donald E. Smith, (iii) Richard G. Hill, (iv) Samuel N. Jurens, (v) 73114 Investments, LLC, (vi) Youth Properties, LLC, and (vii) Paratus Capital, LLC who are collectively referred to herein as the “Reporting Persons”.

(b) The business address for Denver J. Smith is 52 Carlson Drive, Milford, CT, 06460. The address of Donald E. Smith is 6501 Oak Heritage Trail, Edmond, OK, 73025. The address of Richard G. Hill is 8543 Glencrest Lane, Dallas, TX, 75209. The address of Samuel N. Jurens is 3109 Robin Ridge Rd, Oklahoma City, OK, 73120. Both 73114 Investments, LLC, and Youth Properties, LLC are located at 6501 Oak Heritage Trail, Edmond, OK, 73025. Paratus Capital, LLC, is located at 52 Carlson Drive, Milford, CT 06460.

(c) Denver J. Smith is the Chief Investment Officer of 73114 Investments, LLC, he is the Chief Strategy Officer and part owner of Paratus Capital, LLC. 73114 Investments, LLC, and Paratus Capital, LLC, are both primarily in the business of investing in securities. Denver J. Smith is also the Co-Chief Investment Officer and a founding partner of Carlson Ridge Capital, LLC. Carlson Ridge Capital, LLC, is located at 52 Carlson Drive, Milford, CT, 06460. Carlson Ridge Capital, LLC is an investment advisor to hedge funds. Denver J. Smith has shared voting and dispositive power for shares held by Paratus Capital, LLC, 73114 Investments, LLC, and Youth Properties, LLC. Donald E. Smith is the Chief Executive Officer of 73114 Investments, LLC, and he is also the Chief Executive Officer of Youth Properties, LLC. Youth Properties, LLC, is primarily in the business of investing in securities. Donald E. Smith has shares voting and dispositive power for shares held by 73114 Investments, LLC, and Youth Properties, LLC. Richard G. Hill is a Partner at Mckinnon Holdings. He is also part owner and President of Paratus Capital, LLC. He has shared voting and dispositive power for shares held by Paratus Capital, LLC. Samuel N. Jurens is the Co-Chief Investment Officer and a founding partner of Carlson Ridge Capital, LLC. Samuel N. Jurens is also the Chief Investment Officer of F.I.G Financial Advisory Services, Inc, F.I.G is a Registered Investment Advisor with principal business offices located at 9211 Lake Hefner Parkway, Suite 109, Oklahoma City, OK, 73120. All shares owned by Mr. Jurens are held in personal accounts, and are not held by any of his or F.I.G.’s advisory clients.

(d) There are no amendments to part (d) of Item 2 of the Schedule 13D pursuant to this Amendment No. 2.

- (e) There are no amendments to part (e) of Item 2 of the Schedule 13D pursuant to this Amendment No. 2.
- (f) There are no amendments to part (f) of Item 2 of the Schedule 13D pursuant to this Amendment No. 2.

Item 3. Source and Amount of Funds or Other Consideration.

Denver J. Smith acquired his 772,679 shares with personal funds for \$397,910. 73114 Investments, LLC acquired its 744,804 shares for \$513,327 with working capital. Donald J. Smith acquired his directly owned 26,000 shares with personal funds for \$17,729. Youth Properties, LLC acquired its 60,000 shares for \$60,000 with working capital. Paratus Capital, LLC acquired its 45,820 shares for \$25,971 with working capital. Of the 39,300 shares owned by Richard G. Hill, 19,300 shares were acquired with personal funds for \$8,728, and 20,000 shares were received as a gift. Samuel N. Jurens acquired his 59,545 shares with personal funds for \$36,236.

Item 4. Purpose of Transaction.

There are no amendments to Item 4 of the Schedule 13D pursuant to this Amendment No. 2.

Item 5. Interest in Securities of the Issuer.

Item 5 of the Schedule 13D is hereby amended to read in its entirety as follows:

- (a) Please reference pages 2 through 8 of this filing for this information as it pertains to individuals that are part of the filing group. The Reporting Persons, acting collectively as a group, have beneficial ownership of 1,748,148 shares, or 5.83% of the common shares outstanding of the Issuer based on 29,987,711 shares outstanding as given on the first page of the most recently filed 10-Q.
- (b) Please reference pages 2 through 9 of this filing for this information.
- (c) Please see Exhibit B attached to this schedule. The reporting persons have acquired shares in the issuer within the past 60 days. No shares have been sold in the last 60 days. All transactions occurred on the open market.
- (d) Not applicable.
- (e) Not applicable.

Item 6. Contracts, Arrangements, Understandings or Relationships with Respect to Securities of the Issuer.

There are no amendments to Item 6 of the Schedule 13D pursuant to this Amendment No. 2.

Item 7. Material to be Filed as Exhibits.

The following has been attached: Exhibit A is a newly updated joint filing agreement filed in accordance with the provisions of Rule 13d-1(k)(1) under the Securities Exchange Act of 1934, as amended (the "Act"), and Exhibit B is a list of all transactions in the Issuer's securities over the last 60 days made by the Reporting persons.

Signatures

After reasonable inquiry and to the best of my knowledge and belief, I certify that the information set forth in this statement is true, complete and correct.

Dated: July 19, 2017

/s/ Richard G. Hill
Richard G. Hill

Dated: July 19, 2017

/s/ Samuel N. Jurrens
Samuel N. Jurrens

Dated: July 19, 2017

/s/ Donald E. Smith
Donald E. Smith

Dated: July 19, 2017

/s/ Denver J. Smith
Denver J. Smith

Dated: July 19, 2017

Paratus Capital, LLC

By: /s/ Denver J. Smith
Name: Denver J. Smith
Title: Chief Strategy Officer

Dated: July 19, 2017

73114 Investments, LLC

By: /s/ Denver J. Smith
Name: Denver J. Smith
Title: Chief Investment Officer

Dated: July 19, 2017

Youth Properties, LLC

By: /s/ Donald E. Smith
Name: Donald E. Smith
Title: Chief Executive Officer

JOINT FILING AGREEMENT PURSUANT TO RULE 13D-1(K)(1)

The undersigned hereby agree that the foregoing statement on Schedule 13D is filed on behalf of each of the undersigned in accordance with the provisions of Rule 13d-1(k)(1) under the Securities Exchange Act of 1934, as amended (the "Act"), and that all subsequent amendments to this statement on Schedule 13D may be filed on behalf of each of the undersigned without the necessity of filing additional joint filing agreements.

Dated: July 19, 2017 /s/ Richard G. Hill
Richard G. Hill

Dated: July 19, 2017 /s/ Samuel N. Jurrens
Samuel N. Jurrens

Dated: July 19, 2017 /s/ Donald E. Smith
Donald E. Smith

Dated: July 19, 2017 /s/ Denver J. Smith
Denver J. Smith

Dated: July 19, 2017 Paratus Capital, LLC
By: /s/ Denver J. Smith
Name: Denver J. Smith
Title: Chief Strategy Officer

Dated: July 19, 2017 73114 Investments, LLC
By: /s/ Denver J. Smith
Name: Denver J. Smith
Title: Chief Investment Officer

Dated: July 19, 2017 Youth Properties, LLC
By: /s/ Donald E. Smith
Name: Donald E. Smith
Title: Chief Executive Officer

Transactions In Securities Over The Last 60 Days

<u>Individual/Entity</u>	<u>Date</u>	<u># Shares Acquired (Sold)</u>	<u>\$ Per Share</u>	<u>Total Value</u>
73114 Investments	7/13/17	60,885	\$ 0.620	\$ 37,748
73114 Investments	7/13/17	3,300	\$ 0.610	\$ 2,013
73114 Investments	7/14/17	15,000	\$ 0.620	\$ 9,450
73114 Investments	7/18/17	20,000	\$ 0.640	\$ 12,800
Samuel N. Jurrens	7/14/17	15,745	\$ 0.620	\$ 9,762
Denver J. Smith	7/11/17	10,000	\$ 0.600	\$ 6,000
Denver J. Smith	7/12/17	8,000	\$ 0.620	\$ 4,960
Denver J. Smith	7/14/17	4,112	\$ 0.620	\$ 2,549
Denver J. Smith	7/17/17	14,000	\$ 0.620	\$ 8,680
Denver J. Smith	7/18/17	7,500	\$ 0.640	\$ 4,773
Paratus Capital	7/18/17	24,100	\$ 0.630	\$ 15,183
