FORM 4

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

OMB APPR	OVAL
OMB Number:	3235-0287
Estimated average b	urden
hours per response	0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

(Print or Type	Responses)																	
1. Name and Cormack S		Reporting Person* el			GEN		nd Ticker PHAR				NC.	_X_	ationship Director Officer (give	title below)	all applic	cable) 10% Ow Other (s		
400-1001		(First) DWAY		3. Date o 11/01/2			Transacti	on (Moi	nth/Day/	Year)				Presi	dent and	CEO		
VANCOU	VER, A1	(Street) V6H 4B1		4. If Ame	endm	ent, l	Date Orig	inal File	ed(Month/l	Day/Year)		_X_ Fo	rm filed by C	Joint/Group one Reporting P lore than One R	erson		licable Line)	
(City)		(State)	(Zip)				Table	I - Non-	Derivat	ive Secu	rities A	Acquired, I	Disposed o	of, or Benef	icially Ov	wned		
1.Title of Sec (Instr. 3)	curity		Date (Month/Day/Year)	2A. Deer Execution any (Month/I	n Da		(Instr. 8		(A) or	Disposed 3, 4 and	of (D)	Owned Transac		curities Bene g Reported	eficially	6. Owne Form Direc	ership Indi : Ben	ature of rect eficial nership
						Code	V	Amour	ount (A) or (D)		ce			or Inc (I) (Instr	`	tr. 4)		
Common S	Stock		11/01/2010				M		10,00	0 A	\$ 3.88	18,06	7			D		
Common S	Common Stock 11/01/2010		11/01/2010			S		5,000	D	\$ 15.4	13,06	13,067						
Common S	Stock											8,092				I	Spo	ouse
Common S	Stock											25,68	0			I	Inv	Trycor estment ast No.
Reminder: Ro	eport on a sep	parate line for each	class of securities be	eneficially	y owi	ned d	lirectly or	Per in t	sons w	n are no	t requ		spond u	information			SEC 14	174 (9-02)
			Table II				rities Acq warrants					ially Owned s)	d					
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)	Code	tion	of D Secu Acq or D of (I	r. 3, 4,	Expirat				7. Title and of Underlyi Securities (Instr. 3 and	ng	8. Price of Derivative Security (Instr. 5)	Derivati Securitie Benefici Owned Followin Reported Transact	es ially ng d tion(s)		Beneficia Ownershi (Instr. 4)
				Code	V	(A)	(D)	Date Exercis	sable	Expiration Date	on ,	Title	Amount or Number of Shares		(Instr. 4))	(Instr. 4)	
Employee Stock Option (right to buy)	\$ 3.889	11/01/2010		М		, ,	10,000	12/16	/2006	12/16/2	2010	Common Stock		\$ 0	8,70	09	D	

Reporting Owners

		R	elationships	
Reporting Owner Name / Address	Director	10% Owner	Officer	Other
Cormack Scott Daniel 400-1001 W. BROADWAY VANCOUVER, A1 V6H 4B1	X		President and CEO	

Signatures

Sandra Thomson as attorney-in-fact for Scott Cormack	11/02/2010	0
Signature of Reporting Person	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) Scott Cormack and his spouse are the trustees and beneficiaries of the Trycor Investment Trust No. 1.
- (2) 5,000 of these shares were exercised and sold under the 10b5 Sales Plan.

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.