FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

| Washington, | D.C. | 20549 |
|-------------|------|-------|
|             |      |       |

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

| OMB APPROVAL             |           |  |  |  |  |  |  |  |  |
|--------------------------|-----------|--|--|--|--|--|--|--|--|
| OMB Number:              | 3235-0287 |  |  |  |  |  |  |  |  |
| Estimated average burden |           |  |  |  |  |  |  |  |  |
| houre 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).

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

| 1. Name and Address of Reporting Person*  Ehrlich Christopher B                                                                              |                                                                       |                                        |                                                    |                 | 2. Issuer Name and Ticker or Trading Symbol eFFECTOR Therapeutics, Inc. [ EFTR ] |                                                                                            |           |      |                                                                |                    | (Ch                                                                                        | telationship of eck all applic         | cable)<br>or                                        | Pers                                                                                            | 10% Ov                                                        | vner               |                                         |
|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|----------------------------------------|----------------------------------------------------|-----------------|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------|------|----------------------------------------------------------------|--------------------|--------------------------------------------------------------------------------------------|----------------------------------------|-----------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------|--------------------|-----------------------------------------|
|                                                                                                                                              | ECTOR TH                                                              | HERAPEUTICS                            | •                                                  |                 |                                                                                  | 3. Date of Earliest Transaction (Month/Day/Year) 01/20/2023                                |           |      |                                                                |                    |                                                                                            |                                        | officer<br>below)                                   | (give title                                                                                     |                                                               | Other (s<br>below) | specify                                 |
| (Street)                                                                                                                                     |                                                                       | OS AVENUE, S                           | 92075                                              |                 | 4. 1                                                                             | f Amer                                                                                     | ndment, I | Date | of Original File                                               | ed (Month/D        | ay/Year)                                                                                   | Line                                   | X Form f                                            | Joint/Group<br>iled by One<br>iled by More                                                      | Repo                                                          | rting Perso        | n                                       |
| BEACH<br>(City)                                                                                                                              | (S                                                                    | tate)                                  | (Zip)                                              |                 |                                                                                  |                                                                                            |           |      |                                                                |                    |                                                                                            |                                        | Persor                                              |                                                                                                 | Julan                                                         | One Repo           | ung                                     |
|                                                                                                                                              |                                                                       | Tab                                    | le I - Non                                         | -Deriv          | ative                                                                            | e Sec                                                                                      | curities  | s Ac | quired, Di                                                     | sposed (           | of, or Be                                                                                  | neficial                               | y Owned                                             |                                                                                                 |                                                               |                    |                                         |
| 1. Title of Security (Instr. 3)  2. Transac Date (Month/Date)                                                                                |                                                                       |                                        |                                                    | Execution Date, |                                                                                  | 3. Transaction Code (Instr. 8) 4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4) 5) |           |      | str. 3, 4 and                                                  | Beneficia          | es Form<br>ally (D) of<br>Following (I) (II                                                |                                        |                                                     | 7. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4)                               |                                                               |                    |                                         |
|                                                                                                                                              |                                                                       |                                        |                                                    |                 |                                                                                  | Code V Amount (A) or (D)                                                                   |           |      |                                                                |                    |                                                                                            | Price                                  | Transact<br>(Instr. 3 a                             | ransaction(s)<br>nstr. 3 and 4)                                                                 |                                                               |                    | `                                       |
| Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) |                                                                       |                                        |                                                    |                 |                                                                                  |                                                                                            |           |      |                                                                |                    |                                                                                            |                                        |                                                     |                                                                                                 |                                                               |                    |                                         |
| 1. Title of<br>Derivative<br>Security<br>(Instr. 3)                                                                                          | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | ercise (Month/Day/Year)<br>of<br>ative | 3A. Deemed<br>Execution D<br>if any<br>(Month/Day/ | ate, T          | 4.<br>Transaction<br>Code (Instr.<br>8)                                          |                                                                                            | of        |      | 6. Date Exercisable and<br>Expiration Date<br>(Month/Day/Year) |                    | 7. Title and Amou<br>of Securities<br>Underlying<br>Derivative Securit<br>(Instr. 3 and 4) |                                        | 8. Price of<br>Derivative<br>Security<br>(Instr. 5) | 9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4) | Ownersh<br>Form:<br>y Direct (D)<br>or Indirec<br>(I) (Instr. | Ownership          | Beneficial<br>Ownership<br>t (Instr. 4) |
|                                                                                                                                              |                                                                       |                                        |                                                    | c               | ode                                                                              | v                                                                                          | (A)       | (D)  | Date<br>Exercisable                                            | Expiration<br>Date | Title                                                                                      | Amount<br>or<br>Number<br>of<br>Shares |                                                     |                                                                                                 |                                                               |                    |                                         |
| Stock<br>Option<br>(Right to<br>Buy)                                                                                                         | \$0.4688                                                              | 01/20/2023                             |                                                    |                 | A                                                                                |                                                                                            | 35,938    |      | (1)                                                            | 01/19/2033         | Common<br>Stock                                                                            | 35,938                                 | \$0.00                                              | 35,938                                                                                          |                                                               | D                  |                                         |

## **Explanation of Responses:**

1. The shares subject to the option will vest in substantially equal monthly installments over 12 months, commencing on January 20, 2023, subject to the Reporting Person's continued service with the Issuer through each vesting date.

## Remarks:

/s/ Michael Byrnes, Attorney-

in-Fact for Christopher B.

Ehrlich

\*\* Signature of Reporting Person Date

01/24/2023

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- \* 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.