FORM 4

### **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

OMB APPRO
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OMB Number:	3235-0287
Estimated average burden	
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## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

			or education de(ii) or the investment demparty rist or to re						
1. Name and Address of Reporting Person* BOSTON BYRON L			2. Issuer Name <b>and</b> Ticker or Trading Symbol DYNEX CAPITAL INC [ DX ]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
			. ,	X	Director	10% Owner			
(Last) (First) (Middl		(Middle)		X	Officer (give title below)	Other (specify below)			
C/O DYNEX CAPITAL, INC.			3. Date of Earliest Transaction (Month/Day/Year) 02/23/2023		CEO and Co-C	CIO			
4991 LAKE BROO	OK DRIVE, SUITE	100							
(Street) GLEN ALLEN VA 23060		23060	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indivi	dual or Joint/Group Filing (Ch Form filed by One Reportin Form filed by More than Or	ig Person			
(City)	(State)	(Zip)			, o mod by more than or	.o respecting research			

## Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(Instr. 4)
Common Stock	02/23/2023		F		3,493(1)	D	\$13.69	399,141(2)	D	
Common Stock								1,500	I	By son
Common Stock								1,500	I	By son
Common Stock								13,122.54 <sup>(3)</sup>	I	Through 401(k) Plan
Common Stock								3,095	I	By spouse and son jointly

# Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	Transaction Code (Instr.		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		Expiration Date		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		Derivative	derivative Securities Beneficially Owned Following Reported	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)		
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		Transaction(s) (Instr. 4)			

#### **Explanation of Responses:**

- 1. Reflects shares withheld upon vesting of restricted stock and restricted stock units to satisfy tax withholding obligations.
- 2. Includes unvested restricted stock units.
- 3. Includes additional shares not previously reported that were acquired by the reporting person through the Dynex Capital, Inc. 401(k) Plan.

### Remarks:

/s/ Byron L. Boston

\*\* Signature of Reporting Person

02/24/2023

Date

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.