FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

OMB Number:	3235-0287
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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).

Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.

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

			2. Issuer Name and Ticker or Trading Symbol DYNEX CAPITAL INC [DX]	Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner					
(Last) C/O DYNEX CAP 4991 LAKE BROO	(First) ITAL, INC. DK DRIVE, SUITE	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 02/23/2024	X	Officer (give title below) President and Co-C	Other (specify below)			
(Street) GLEN ALLEN (City)	VA (State)	23060 (Zip)	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individ	dual or Joint/Group Filing (Chec Form filed by One Reporting I Form filed by More than One	Person			

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. Transac Code (li 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership
			Code V		Amount	(A) or (D)	Price	(Instr. 3 and 4)		(Instr. 4)
Common Stock	02/23/2024		F		3,408(1)	D	\$12.22	262,685(2)	D	
Common Stock								4,780	I	By spouse
Common Stock								13,819(3)	I	Through 401(k) Plan
Common Stock								325	I	By son

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)	Date, Code (Instr. 8) Date, Code (Instr. 8) Part of the code (Instr. 8)		Derivative		Expiration Date (Month/Day/Year)		Securities Underlying		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	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/ Smriti L. Popenoe
** Signature of Reporting Person

02/26/2024

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.