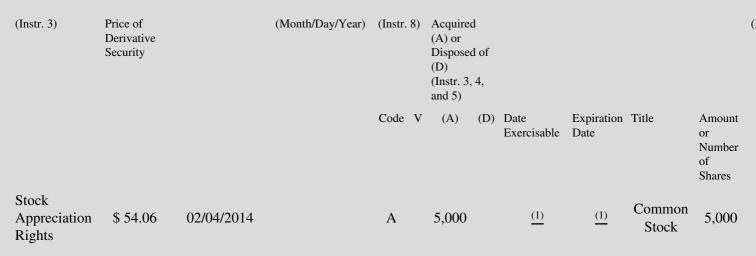
Post Holdings, Inc. Form 4 February 05, 2014								
	STATES SECU	RITIES A	ND EXCHA	NGE	COMMISSIO	т	APPROVAL	
Check this box			D.C. 20549			Number:	3235-0287 January 31,	
Section 16. Form 4 or	MENT OF CHAI	NGES IN I SECUR		T 01	WNERSHIP OF	Expires: Estimated burden ho response.	2005 average urs per	
abligations	(a) of the Public U 30(h) of the I	Jtility Hold	ing Company	y Act	of 1935 or Section	on		
(Print or Type Responses)								
1. Name and Address of Reporting CURL GREGORY L	Symbol	2. Issuer Name <b>and</b> Ticker or Trading Symbol Post Holdings, Inc. [POST]			5. Relationship of Reporting Person(s) to Issuer			
(Last) (First)		of Earliest Tra	ansaction			ck all applicab		
C/O POST HOLDINGS, IN S. HANLEY ROAD		Day/Year) 2014			X_ Director Officer (giv below)		% Owner her (specify	
(Street)		endment, Dat onth/Day/Year)	-		6. Individual or . Applicable Line) _X_ Form filed by Form filed by	One Reporting I	Person	
ST. LOUIS, MO 63144	( <b>F!</b> )				Person		aporting.	
(City) (State)				ities A	cquired, Disposed	of, or Beneficia	-	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)		Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5 (A) or	) 5)	Securities Beneficially	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Reminder: Report on a separate lir	e for each class of sec	Code V	~ /	Price	or indirectly			
Reminder. Report on a separate in		unities benefit	Persons wi	ho res	pond to the colle		SEC 1474	
			required to	respo	ained in this form ond unless the fo ntly valid OMB co	rm	(9-02)	

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number	6. Date Exercisable and	7. Title and Amount of	8
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onof Derivative	Expiration Date	Underlying Securities	D
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)	S



## **Reporting Owners**

Reporting Owner Name / Address		Relationsh		
	Director	10% Owner	Officer	Other
CURL GREGORY L C/O POST HOLDINGS, INC. 2503 S. HANLEY ROAD ST. LOUIS, MO 63144	Х			
Signatures				
/s/ Diedre J. Gray, Attorney-in-Fact		02/05/2014		

## \*\*Signature of Reporting Person

## **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).

Date

Stock appreciation rights were granted under the Post Holding, Inc. 2012 Long-Term Incentive Plan. Stock appreciation rights are
 (1) exercisable three years from date of grant but must be held until the Reporting Person's retirement from the Board of Directors and the occurrence of certain other events and shall remain exercisable for various periods of time.

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.