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Post Holdings, Inc.							
Form 4 December 01, 2015							
					OMB A	PPROVAL	
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549						3235-0287	
Washington, D.C. 20549Number: 0200Check this box if no longer subject to Section 16. 							
(Print or Type Responses)							
1. Name and Address of Ro BROWN JAY W	eporting Person <u>*</u>	2. Issuer Name an Symbol Post Holdings, 1	nd Ticker or Trading	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) (First)	(Last) (First) (Middle) 3. Date of Earliest Transaction				k an applicable)		
C/O POST HOLDING S. HANLEY ROAD	GS, INC., 2503	(Month/Day/Year) 11/30/2015		X_ Director Officer (give below)		% Owner her (specify	
(Street) 4. If Amendment, Date Original Filed(Month/Day/Year)			 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 				
ST. LOUIS, MO 6314	4			Person		eporting	
(City) (State)	(Zip)	Table I - Non-	Derivative Securities	Acquired, Disposed of	, or Beneficia	lly Owned	
1.Title of 2. Transactic Security (Month/Day (Instr. 3)	on Date 2A. Deem /Year) Execution any (Month/Da	Date, if Transactic Code ay/Year) (Instr. 8)	4. Securities onAcquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Amount (D) Price	SecuritiesFBeneficially(I)Owned(I)Following(I)ReportedTransaction(s)(Instr. 3 and 4)	. Ownership form: Direct D) or Indirect () (nstr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Reminder: Report on a sepa	arate line for each cl	ass of securities bene	eficially owned directly	or indirectly.			
			Persons who re information con required to resp	spond to the collect tained in this form a bond unless the form ently valid OMB con	are not n	SEC 1474 (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 of	6. Date Exercisable and	7. Title and Amount of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Securities
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr.	8)	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)					
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Post Holdings, Inc. Stock Equivalents	<u>(1)</u>	11/30/2015		А		212.564		(2)	(2)	Common Stock	212.564

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
BROWN JAY W C/O POST HOLDINGS, INC. 2503 S. HANLEY ROAD ST. LOUIS, MO 63144	Х						
Signatures							
/s/ Diedre J. Gray, Attorney-in-Fact		12/01/2015					
**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) Reporting Person's retainers and fees earned as a Director of Issuer are deferred into Post Holdings, Inc. stock equivalents under the Issuer's Deferred Compensation Plan for Non-Management Directors. Reporting Person is credited with stock equivalents as soon as administratively practicable following the month in which such retainers and fees are earned. The value of these stock equivalents is distributed (on a one-for-one basis) in the form of cash upon retirement from the Board of Directors.

(2) The stock equivalents have no fixed exercisable or expiration dates.

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.