Edgar Filing: Post Holdings, Inc. - Form 4

Post Holding Form 4									
March 03, 20	ПЛ								PPROVAL
	UNITED	STATES		RITIES A			E COMMISSIO	N OMB Number:	3235-0287
Check th if no long subject to Section 1 Form 4 c Form 5 obligatio may com	F CHAN Section (Public U	NGES IN	BENEF RITIES ne Securi lding Cor	Estimated burden hou response	Estimated average burden hours per response 0.5				
See Instr 1(b).	uction	20(11)	or the h		. compu	ly 1 10 0 01 1			
(Print or Type]	Responses)								
1. Name and A CALLISON	2. Issuer Name and Ticker or Trading Symbol Post Holdings, Inc. [POST]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last)	3. Date of Earliest Transaction								
C/O POST S. HANLE	(Month/Day/Year) 02/27/2015				X_ Director 10% Owner Officer (give title Other (specify below) below)				
(Street) 4. If Amendment, Da Filed(Month/Day/Year			r) Applicable Line) _X_ Form filed by			y One Reporting Po	oint/Group Filing(Check One Reporting Person More than One Reporting		
ST. LOUIS	, MO 63144						Person	More than One K	eporting
(City)	(State)	(Zip)	Tab	ole I - Non-	Derivative	Securities A	Acquired, Disposed	of, or Beneficia	lly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemo Execution any (Month/Da	Date, if	Code (Instr. 8)	4. Securit inAcquired Disposed (Instr. 3, 4)	(A) or of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Reminder: Rer	port on a separate line	for each cl	ass of sec						
Kenninder, Kej	or on a separate fille			unues delle	Perso inforn requir	ns who rest nation cont red to resp nys a curre	spond to the collection tained in this form ond unless the fo ntly valid OMB co	n are not rm	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 8
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Securities I
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4) S

(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>	02/27/2015		А		321.11		(2)	(2)	Common Stock	321.11

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
CALLISON EDWIN H C/O POST HOLDINGS, INC. 2503 S. HANLEY ROAD ST. LOUIS, MO 63144	Х							
Signatures								
/s/ Diedre J. Gray, Attorney-in-Fact		03/03/2015						

<u>**</u>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).

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

- (1) Issuer's Defended compensation Plan for Non-Management Directors. Reporting Person is created 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.