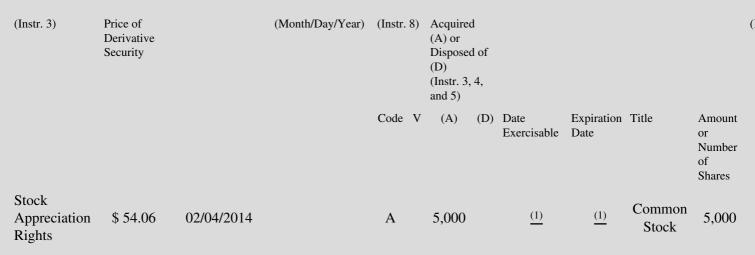
Post Holdings, Inc. Form 4 February 05, 2014		
		OMB APPROVAL
UNITED STAT	TES SECURITIES AND EXCHANGI Washington, D.C. 20549	E COMMISSION OMB Number: 3235-0287
Section 16. Form 4 or Form 5 obligations may continue. Fort 17(a) of t	T OF CHANGES IN BENEFICIAL O SECURITIES to Section 16(a) of the Securities Excha he Public Utility Holding Company Act of the Investment Company Act of T	Listimated average burden hours per response 0.5 nge Act of 1934, t of 1935 or Section
(Print or Type Responses)		
1. Name and Address of Reporting Person CALLISON EDWIN H	 2. Issuer Name and Ticker or Trading Symbol Post Holdings, Inc. [POST] 	5. Relationship of Reporting Person(s) to Issuer
(Last) (First) (Middle)	3. Date of Earliest Transaction	(Check all applicable)
C/O POST HOLDINGS, INC., 250 S. HANLEY ROAD	(Month/Day/Year) 03 02/04/2014	X_ Director 10% Owner Officer (give title Other (specify below) below)
(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 63144		Person
(City) (State) (Zip)	Table I - Non-Derivative Securities	Acquired, Disposed of, or Beneficially Owned
(Instr. 3) any	eemed 3. 4. Securities tion Date, if TransactionAcquired (A) or Code Disposed of (D) h/Day/Year) (Instr. 8) (Instr. 3, 4 and 5) (A) or Code V Amount (D) Price	5. Amount of Securities6. Ownership Form: Direct7. Nature of IndirectBeneficially Owned(D) or IndirectBeneficial BeneficialOwned(I)OwnershipFollowing Transaction(s) (Instr. 3 and 4)(Instr. 4)
Reminder: Report on a separate line for each	ch class of securities beneficially owned directly	or indirectly.
	Persons who re information con required to resp	spond to the collection of SEC 1474 tained in this form are not (9-02) ond unless the form ntly valid OMB control

 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	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		02/05/2014		

Date

**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).

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.