Post Holdings, Inc. Form 4 November 03, 2015								
			COMMERICAN	OMB APPROVAL				
UNITED		RITIES AND EXCHANGE ashington, D.C. 20549	COMMISSION	OMB 3235-0287 Number:				
Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF 								
(Print or Type Responses)								
1. Name and Address of Reporting I SKARIE DAVID P	Symbol	er Name <b>and</b> Ticker or Trading oldings, Inc. [POST]	5. Relationship of Reporting Person(s) to Issuer					
(Last) (First) (M		of Earliest Transaction	(Check all applicable)					
C/O POST HOLDINGS, INC S. HANLEY ROAD		Day/Year) 2015	X_ Director Officer (give the below)	itle Other (specify below)				
(Street) ST. LOUIS, MO 63144		nendment, Date Original onth/Day/Year)	<ul> <li>6. Individual or Joint/Group Filing(Check Applicable Line)</li> <li>_X_ Form filed by One Reporting Person</li> <li> Form filed by More than One Reporting</li> </ul>					
	(Zip) Tak		Person					
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)	14	3. 4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) (A) or Code V Amount (D) Price	5. Amount of 6. Securities For Beneficially (D Owned (I)	Ownership 7. Nature of orm: Direct Indirect or Indirect Beneficial				
Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02) required to respond unless the form displays a currently valid OMB control number.								

## 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	(1)	10/30/2015		А		136.573		(2)	(2)	Common Stock	136.573

## **Reporting Owners**

Reporting Owner Name / Address	Relationships						
reporting of their funite ( fraut ess	Director	10% Owner	Officer	Other			
SKARIE DAVID P C/O POST HOLDINGS, INC. 2503 S. HANLEY ROAD ST. LOUIS, MO 63144	Х						
Signatures							
/s/ Diedre J. Gray, Attorney-in-Fact		11/03/2015					
**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.