Post Holdings, Inc. Form 4							
September 01, 2016							
FORM 4 UNITED STATE			OMB APPROVAL				
UNITED STATE	OMB 3235-0287 Number:						
Subject to Section 16. Form 4 or Form 5 obligations may continue Form 16. Filed pursuant to Section 17(a) of the	OF CHANGES IN BENEFICIAL O SECURITIES Section 16(a) of the Securities Excha Public Utility Holding Company Ac ) of the Investment Company Act of	inge Act of 1934, t of 1935 or Section	January 31, 2005 Estimated average burden hours per response 0.5				
(Print or Type Responses)							
1. Name and Address of Reporting Person <u>*</u> KEMPER DAVID W	2. Issuer Name <b>and</b> Ticker or Trading Symbol Post Holdings, Inc. [POST]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
(Last) (First) (Middle)	3. Date of Earliest Transaction	(Check	(Check an applicable)				
C/O POST HOLDINGS, INC., 2503 S. HANLEY ROAD	(Month/Day/Year) 08/31/2016	_X_ Director Officer (give t below)	itle 10% Owner Other (specify below)				
(Street)	4. If Amendment, Date Original Filed(Month/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>					
ST. LOUIS, MO 63144		Person	ore than one reporting				
(City) (State) (Zip)	Table I - Non-Derivative Securities	Acquired, Disposed of,	or Beneficially Owned				
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deer Execution any (Month/L		SecuritiesForBeneficially(EOwned(E)Following(InReportedTransaction(s)(Instr. 3 and 4)	Ownership7. Nature oform: DirectIndirectO or IndirectBeneficial)Ownershipnstr. 4)(Instr. 4)				
Reminder: Report on a separate line for each of	class of securities beneficially owned directly	or indirectly.					
	Persons who re information con required to resp	spond to the collect tained in this form a ond unless the form ently valid OMB cont	ire not (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>	08/31/2016		А		104.844		(2)	(2)	Common Stock	104.844

## **Reporting Owners**

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
KEMPER DAVID W C/O POST HOLDINGS, INC. 2503 S. HANLEY ROAD ST. LOUIS, MO 63144	Х						
Signatures							
/s/ Diedre J. Gray, Attorney-in-Fact		09/01/2016					
**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 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) Deterred compensation run for von-Management Directors, Reporting reison is created with stock equivalents as soon as administratively practicable following the month in which such retainer is 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.