Post Holdings, Inc. Form 4 November 01, 2013									
							PPROVAL		
UNITED	STATES SECU W	RITIES A ashington			E COMMISSIO	Number:	3235-0287		
Section 16. Form 4 or Form 5 Filed put	MENT OF CHA rsuant to Section (a) of the Public 1 30(h) of the 1	SECUH 16(a) of th Jtility Hol	RITIES ne Securit ding Con	ies Excha 1pany Act	nge Act of 1934, of 1935 or Secti	Estimated burden ho response	urs per		
(Print or Type Responses)									
1. Name and Address of Reporting DANFORTH WILLIAM H	Symbol	er Name and oldings, Ii		-	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last) (First) (C/O POST HOLDINGS, INC S. HANLEY ROAD	(Month	of Earliest T /Day/Year) 2013	ransaction		X Director Officer (giv below)	109	% Owner her (specify		
(Street) ST. LOUIS, MO 63144		nendment, D onth/Day/Yea	-	Applicable Line) _X_ Form filed by	r Joint/Group Filing(Check) by One Reporting Person by More than One Reporting				
(City) (State)	(Zip) Ta	ble I - Non-l	Derivative	Securities A	Acquired, Disposed	of. or Beneficia	ally Owned		
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)		3. Transactio Code (Instr. 8)	4. Securiti	es (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		
Reminder: Report on a separate line	e for each class of se	curities bene	Perso inform requir	ns who res ation cont ed to resp ys a curre	or indirectly. spond to the colle tained in this forn 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
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)	10/31/2013		A		250.932		(2)	(2)	Common Stock	250.932

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
DANFORTH WILLIAM H C/O POST HOLDINGS, INC. 2503 S. HANLEY ROAD ST. LOUIS, MO 63144	Х							
Signatures								
/s/ Diedre J.Gray, Attorney-in-Fact		11/01/2013						
**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.