SKARIE DAVID P Form 4

May 16, 2018

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB

OMB APPROVAL

3235-0287 Number:

January 31, Expires: 2005

0.5

burden hours per

5. Relationship of Reporting Person(s) to

Estimated average response...

if no longer subject to Section 16. Form 4 or Form 5

Check this box

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue. 30(h) of the Investment Company Act of 1940 See Instruction

(Print or Type Responses)

Name and Address of Reporting Person *

1(b).

SKARIE DAVID P			Symbol	Issuer			
			Post Holdings, Inc. [POST]	(Check all applicable)			
(Last) (First) (Midd		(Middle)	3. Date of Earliest Transaction	11			
C/O POST H S. HANLEY	IOLDINGS, I ROAD	NC., 2503	(Month/Day/Year) 05/14/2018	_X_ Director 10% Owner Officer (give title below) Other (speci below)			
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check			

2. Issuer Name and Ticker or Trading

ST. LOUIS, MO 63144

(City)

1 Title of

EY ROAD				below)	ociow)			
(Street)	4. If Am	endment, D	ate Original	6. Individual or Joint/Group Filing(Check				
S, MO 63144	Filed(Mo	onth/Day/Yea		Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person				
(State)	(Zip) Tab	ole I - Non-	Derivative Securities Acqu	ired, Disposed of	, or Beneficia	lly Owned		
2. Transaction Date	2A. Deemed	3.	4. Securities Acquired (A)	5. Amount of	6.	7. Nature of		
(Month/Day/Year)	Execution Date, if	Transactio	or Disposed of (D)	Securities	Ownership	Indirect		
	anv	Code	(Instr. 3. 4 and 5)	Beneficially	Form:	Reneficial		

1.11116 01	2. Hallsaction Date	ZA. Decilieu	٥.	4. Securi	ues A	cquired (A)	J. Alliount of	0.	7. Ivaluie oi
Security	(Month/Day/Year)	Execution Date, if	Transactio	Transaction Disposed of (D)		Securities	Ownership	Indirect	
(Instr. 3)		any	Code	(Instr. 3, 4 and 5)		Beneficially	Form:	Beneficial	
		(Month/Day/Year)	(Instr. 8)				Owned	Direct (D)	Ownership
							Following	or Indirect	(Instr. 4)
					(Reported	(I)	
					(A)		Transaction(s)	(Instr. 4)	
			C + V		or	ъ.	(Instr. 3 and 4)		
			Code V	Amount	(D)	Price			-
Common						\$			Ву
	05/14/2018		S	770	D	\$ 76.0936	2,932	I	Children's
Stock						76.0936			Trusts
Common							27 402	D	
Stock							27,493	D	
Stock									

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.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative	2. Conversion	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if	4. Transacti	5. orNumber	6. Date Exerc Expiration D		7. Title Amount		8. Price of Derivative	9. Nu Deriv
Security (Instr. 3)	or Exercise Price of Derivative Security	(Month/Day/Tear)	any (Month/Day/Year)	Code (Instr. 8)	of	(Month/Day/		Underly Securiti (Instr. 3	ying ies	Security (Instr. 5)	Secur Bene Owne Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title N	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address			•	
	Director	10% Owner	Officer	Other
SKARIE DAVID P				
C/O DOCT HOLDINGS INC				

C/O POST HOLDINGS, INC. 2503 S. HANLEY ROAD ST. LOUIS, MO 63144



Signatures

/s/ Diedre J. Gray, Attorney-in-Fact 05/16/2018

**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).

Relationships

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.

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