Post Holdings, Inc. Form 4 October 01, 2015					
		OMB APPROVAL			
UNITED STA	ATES SECURITIES AND EXCHANGE Washington, D.C. 20549	Number: 3235-0287			
Subject to Section 16. Form 4 or Form 5 obligations may continue Section 17(a) o	NT OF CHANGES IN BENEFICIAL OV SECURITIES nt to Section 16(a) of the Securities Excha of the Public Utility Holding Company Act 30(h) of the Investment Company Act of 1	burden hours per response 0.5 nge Act of 1934, of 1935 or Section			
(Print or Type Responses)					
1. Name and Address of Reporting Pers CALLISON EDWIN H	<ul> <li>2. Issuer Name and Ticker or Trading</li> <li>Symbol</li> <li>Post Holdings, Inc. [POST]</li> </ul>	5. Relationship of Reporting Person(s) to Issuer			
(Last) (First) (Midd	•	(Check all applicable)			
C/O POST HOLDINGS, INC., 2 S. HANLEY ROAD	(Month/Day/Year) 2503 09/30/2015	X_ Director 10% Owner Officer (give title Other (specify below) 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			
(City) (State) (Zip)	) Table I - Non-Derivative Securities A	Acquired, Disposed of, or Beneficially Owned			
(Instr. 3) any	ecution Date, if TransactionAcquired (A) or	5. Amount of Securities6. Ownership Form: Direct7. Nature of IndirectBeneficially Owned(D) or IndirectBeneficial BeneficialOwned Following Transaction(s) (Instr. 3 and 4)(Instr. 4)			
Reminder: Report on a separate line for	information cont required to resp	or indirectly. 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 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>	09/30/2015		A		167.321		(2)	(2)	Common Stock	167.321

## **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		10/01/2015					
**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.