Post Holdings, Inc. Form 4 October 01, 2013							
					PPROVAL		
UNITE	OMB Number:	3235-0287 January 31,					
(Print or Type Responses)							
1. Name and Address of Reportin DANFORTH WILLIAM H	l Symbo	uer Name and Ticker or Trading ol Holdings, Inc. [POST]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last) (First)		e of Earliest Transaction h/Day/Year)	X Director 10% Owner				
C/O POST HOLDINGS, IN S. HANLEY ROAD		0/2013	Difficer (give below)	title Oth below)	er (specify		
(Street)		mendment, Date Original Month/Day/Year)	 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 				
ST. LOUIS, MO 63144			Person		-18		
(City) (State)	(Zip) Ta	able I - Non-Derivative Securities	Acquired, Disposed of	, or Beneficia	lly Owned		
1.Title of Security (Instr. 3)2. Transaction Dat (Month/Day/Year)		Code Disposed of (D)	SecuritiesFeBeneficially(IOwned(IFollowing(IReportedTransaction(s)(Instr. 3 and 4)	Ownership orm: Direct O) or Indirect) nstr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
Reminder: Report on a separate li	ne for each class of so	ecurities beneficially owned directly	or indirectly.				
		information con required to resp	spond to the collect tained in this form a oond unless the forn ently valid OMB cont	are not n	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	<u>(1)</u>	09/30/2013		A		217.428		(2)	(2)	Common Stock	217.428

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		10/01/2013					
<u>**</u> 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.