

Post Holdings, Inc.  
Form 3  
November 18, 2015

**FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION**  
**Washington, D.C. 20549**

OMB APPROVAL

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**INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES**

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

(Print or Type Responses)

|   |         |          |                                      |  |  |
|---|---------|----------|--------------------------------------|--|--|
| 1. Name and Address of Reporting Person * |         |          | 2. Date of Event Requiring Statement | 3. Issuer Name and Ticker or Trading Symbol      |  |
| Â NEUGENT CHRISTOPHER                     |         |          | (Month/Day/Year)                     | Post Holdings, Inc. [POST]                       |  |
| J   |         |          | 11/17/2015                           |  |  |
| (Last)                                    | (First) | (Middle) |                                      | 4. Relationship of Reporting Person(s) to Issuer | 5. If Amendment, Date Original Filed(Month/Day/Year)                   |
| 20802 KENSINGTON BLVD                     |         |          |                                      | (Check all applicable)                           |  |
| (Street)                                  |         |          |                                      | ___ Director                                     | ___ 10% Owner  |
| LAKEVIEW,Â MNÂ 55044                      |         |          |                                      | <input checked="" type="checkbox"/> Officer      | ___ Other  |
| (City)                                    | (State) | (Zip)    |                                      | (give title below)                               | (specify below)  |
|   |         |          |                                      | PRES & CEO-POST                                  | 6. Individual or Joint/Group Filing(Check Applicable Line)             |
|   |         |          |                                      | CONSUMER BRNDS                                   | <input checked="" type="checkbox"/> Form filed by One Reporting Person |
|   |         |          |                                      |  | ___ Form filed by More than One Reporting Person                       |

**Table I - Non-Derivative Securities Beneficially Owned**

| 1. Title of Security (Instr. 4) | 2. Amount of Securities Beneficially Owned (Instr. 4) | 3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5) | 4. Nature of Indirect Beneficial Ownership (Instr. 5) |
|---------------------------------|---|--|---|
| Common Stock                    | 20,000  | D  | Â   |

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

SEC 1473 (7-02)

**Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.**

**Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)**

| 1. Title of Derivative Security (Instr. 4) | 2. Date Exercisable and Expiration Date (Month/Day/Year) | 3. Title and Amount of Securities Underlying Derivative Security (Instr. 4) | 4. Conversion or Exercise Price of Derivative | 5. Ownership Form of Derivative Security: | 6. Nature of Indirect Beneficial Ownership (Instr. 5) |
|--|--|---|---|---|---|
|  |  | Title   |   |   |   |

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| Date Exercisable | Expiration Date | Amount or Number of Shares | Security | Direct (D) or Indirect (I) (Instr. 5) |
|------------------|-----------------|----------------------------|----------|---------------------------------------|
|------------------|-----------------|----------------------------|----------|---------------------------------------|

## Reporting Owners

| Reporting Owner Name / Address                                       | Relationships |           |                                |       |
|--|---------------|-----------|--------------------------------|-------|
|  | Director      | 10% Owner | Officer                        | Other |
| NEUGENT CHRISTOPHER J<br>20802 KENSINGTON BLVD<br>LAKEVIEW, MN 55044 |               |           | PRES & CEO-POST CONSUMER BRNDS |       |

## Signatures

/s/ Diedre J. Gray,  
Attorney-in-Fact

11/19/2015

Signature of Reporting Person Date

## Explanation of Responses:

- \* If the form is filed by more than one reporting person, see Instruction 5(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).

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### Remarks:

See attached Exhibit 24 - Power of Attorney

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.