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Form 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION **OMB APPROVAL** FORM 3 Washington, D.C. 20549 OMB 3235-0104 Number: January 31, **INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF** Expires: 2005 **SECURITIES** Estimated average burden hours per Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, response... 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 2. Date of Event Requiring 3. Issuer Name and Ticker or Trading Symbol Person \* Statement Vitamin Shoppe, Inc. [VSI] Blackstone Holdings II L.P. (Month/Day/Year) 10/27/2009 (Last) (First) (Middle) 4. Relationship of Reporting 5. If Amendment, Date Original Person(s) to Issuer Filed(Month/Day/Year) C/O THE BLACKSTONE (Check all applicable) GROUP L.P., Â 345 PARK **AVENUE** \_X\_ 10% Owner Director (Street) Officer Other 6. Individual or Joint/Group (give title below) (specify below) Filing(Check Applicable Line) Form filed by One Reporting Person NEW YORK. NYÂ 10154 \_X\_ Form filed by More than One Reporting Person (City) (State) (Zip) Table I - Non-Derivative Securities Beneficially Owned 1. Title of Security 2. Amount of Securities 3. 4. Nature of Indirect Beneficial Beneficially Owned Ownership (Instr. 4) Ownership (Instr. 4) (Instr. 5) Form: Direct (D) or Indirect (I) (Instr. 5) Common Stock (1) 446,661 Ι See footnotes (1) (3)Common Stock <sup>(2)</sup> 18.611 Ι See footnotes (2) (3)Series A Preferred Stock (1) 4,780 (4) See footnotes (1) (3) Ι I Series A Preferred Stock (2) 199 (4) See footnotes (2) (3)

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

> 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)

SEC 1473 (7-02)

March 16, 2010

BLACKSTONE MEZZANINE PARTNERS LP

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	5. Ownership Form of Derivative	6. Nature of Indirect Beneficial Ownership (Instr. 5)	
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Derivative Security	Security: Direct (D) or Indirect (I) (Instr. 5)		
Warrants (right to buy)	11/02/2002	11/02/2012	Common Stock	680,589	\$ 0	Ι	See footnotes $(1)$ (3)	
Warrants (right to buy)	11/02/2002	11/02/2012	Common Stock	28,357	\$ 0	Ι	See footnotes $(2)$ (3)	

# **Reporting Owners**

Reporting Owner Name / Address	Relationships			
I G G G G G G G G G G G G G G G G G G G	Director	10% Owner	Officer	Other
Blackstone Holdings II L.P. C/O THE BLACKSTONE GROUP L.P. 345 PARK AVENUE NEW YORK, NY 10154	Â	X	Â	Â
Blackstone Holdings I/II GP Inc C/O THE BLACKSTONE GROUP L.P. 345 PARK AVENUE NEW YORK, NY 10154	Â	ÂX	Â	Â
Blackstone Mezzanine Management Associates L.L.C. C/O THE BLACKSTONE GROUP L.P. 345 PARK AVENUE NEW YORK, NY 10154	Â	ÂΧ	Â	Â
Blackstone Mezzanine Associates L.P. C/O THE BLACKSTONE GROUP L.P. 345 PARK AVENUE NEW YORK, NY 10154	Â	ÂX	Â	Â
BLACKSTONE MEZZANINE PARTNERS LP C/O THE BLACKSTONE GROUP L.P. 345 PARK AVENUE NEW YORK, NY 10154	Â	X	Â	Â
BMP Side-by-Side GP L.L.C. C/O THE BLACKSTONE GROUP L.P. 345 PARK AVENUE NEW YORK, NY 10154	Â	X	Â	Â
Blackstone Mezzanine Holdings L.P. C/O THE BLACKSTONE GROUP L.P. 345 PARK AVENUE NEW YORK, NY 10154	Â	X	Â	Â

Blackstone Group Management L.L.C. C/O THE BLACKSTONE GROUP L.P. 345 PARK AVENUE NEW YORK, NY 10154	Â	ÂX	Â	Â
Blackstone Group L.P. 345 PARK AVENUE NEW YORK, NY 10154	Â	ÂX	Â	Â
SCHWARZMAN STEPHEN A C/O THE BLACKSTONE GROUP L.P. 345 PARK AVENUE NEW YORK, NY 10154	Â	ÂX	Â	Â

## Signatures

/s/ Robert L. Friedman, Authorized Signatory, Blackstone Mezzanine Management Associates L.L.C., its General Partner, Blackstone Mezzanine Associates L.P., its General Partner for BLACKSTONE MEZZANINE PARTNERS L.P.	03/16/2010
**Signature of Reporting Person	Date
/s/ Robert L. Friedman, Authorized Signatory, BMP Side-by-Side GP L.L.C., its General Partner for BLACKSTONE MEZZANINE HOLDINGS L.P.	03/16/2010
**Signature of Reporting Person	Date
/s/ Robert L. Friedman, Authorized Signatory for BLACKSTONE MEZZANINE MANAGEMENT ASSOCIATES L.L.C.	03/16/2010
**Signature of Reporting Person	Date
/s/ Robert L. Friedman, Authorized Signatory, Blackstone Mezzanine Management Associates L.L.C, its General Partner for BLACKSTONE MEZZANINE ASSOCIATES L.P.	03/16/2010
**Signature of Reporting Person	Date
/s/ Robert L. Friedman, Authorized Signatory for BMP SIDE-BY-SIDE GP L.L.C.	03/16/2010
**Signature of Reporting Person	Date
/s/ Robert L. Friedman, Authorized Signatory, Blackstone Holdings I/II GP Inc., its General Partner for BLACKSTONE HOLDINGS II L.P.	03/16/2010
**Signature of Reporting Person	Date
/s/ Robert L. Friedman, Authorized Signatory for BLACKSTONE HOLDINGS I/II GP INC.	03/16/2010
**Signature of Reporting Person	Date
/s/ Robert L. Friedman, Authorized Signatory, Blackstone Group Management L.L.C., its General Partner for THE BLACKSTONE GROUP L.P.	03/16/2010
**Signature of Reporting Person	Date
/s/ Robert L. Friedman, Authorized Signatory for BLACKSTONE GROUP MANAGEMENT L.L.C.	03/16/2010
**Signature of Reporting Person	Date
/s/ Stephen A. Schwarzman	03/16/2010
<u>**</u> 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).
- Represents securities directly beneficially owned by Blackstone Mezzanine Partners L.P. Blackstone Mezzanine Management
  (1) Associates L.L.C. is the general partner of Blackstone Mezzanine Associates L.P. which is the general partner of Blackstone Mezzanine Partners L.P.
- (2) Represents securities directly beneficially owned by Blackstone Mezzanine Holdings L.P. BMP Side-by-Side GP L.L.C. is the general partner of Blackstone Mezzanine Holdings L.P.

Blackstone Holdings II L.P. is the managing member of Blackstone Mezzanine Management Associates L.L.C. and the sole member of BMP Side-by-Side GP L.L.C. Blackstone Holdings I/II GP Inc. is the general partner of Blackstone Holdings II L.P. The Blackstone Group L.P. is the sole shareholder of Blackstone Holdings I/II GP Inc. Blackstone Group Management L.L.C. is the general partner of

The Blackstone Group L.P. Mr. Schwarzman is the founding member of Blackstone Group Management L.L.C.

As of October 27, 2009, the Series A Preferred Stock was convertible into shares of the Issuer's Common Stock upon an initial public offering by the Issuer, subject to certain conditions. Upon conversion, each share of Series A Preferred Stock would entitle the

(4) Reporting Person to a number of shares of the Issuer's Common Stock equal to the liquidation preference amount of \$1,000, plus accrued and unpaid dividends, divided by the offering price per share to the public. Any such conversion would be effected at the time of the closing of such an initial public offering.

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#### Remarks:

Blackstone Mezzanine Partners L.P. and Blackstone Mezzanine Holdings L.P. are parties to a Security

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.