Innophos Holdings, Inc.

Form 4

October 21, 2013

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB 3235-0287

Number: January 31, Expires: 2005

0.5

OMB APPROVAL

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obligations may continue. See Instruction

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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * Thurston Mark			2. Issuer Name and Ticker or Trading Symbol Innophos Holdings, Inc. [IPHS]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last) (First) (Middle)		(Middle)	3. Date of Earliest Transaction	(Sheen all applicable)		
259 PROSPECT PLAINS ROAD		ROAD	(Month/Day/Year) 10/17/2013	Director 10% Owner Officer (give title Other (specify below) VP		
(Street)			4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
CRANBURY,	NJ 08512		Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

(City)	(State)	Zip) Table	e I - Non-D	erivative :	Secur	ities Acqu	iired, Disposed of	, or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactio Code (Instr. 8)	4. Securit r(A) or Di (Instr. 3,	sposed 4 and (A) or	d of (D) 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock	10/17/2013		Code V M	Amount 6,100	(D)	Price \$ 15.2	13,501	D	
Common Stock	10/17/2013		M	2,400	A	\$ 18.38	15,901	D	
Common Stock	10/17/2013		S <u>(1)</u>	8,500	D	\$ 55.02	7,401	D	

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

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number.

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

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. Number on Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Option To Purchase Common Stock	\$ 15.2	10/17/2013		M	6,100	<u>(2)</u>	10/21/2017	Common Stock	6,100
Option To Purchase Common Stock	\$ 18.38	10/17/2013		M	2,400	(3)	04/25/2018	Common Stock	2,400

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Thurston Mark							
259 PROSPECT PLAINS ROAD			VP				
CRANBURY, NJ 08512							

Signatures

James A. Testa, Attorney in Fact 10/21/2013

**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) Transactions carried out by the reporting person pursuant to a plan established on May 2, 2013 under Rule 10b5-1 for the purpose, among others, of paying income taxes and diversifying investments.

(2)

Reporting Owners 2

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The reporting person was granted options on October 21, 2007 which options vested and became exercisable in 3 equal anual installments beginning October 21, 2008.

(3) The reporting person was granted options on April 25, 2008 which options vested and became exercisable in 3 equal anual installments beginning April 25, 2009.

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.