Prestige Brands Holdings, Inc.

09/03/2013

Form 4

September 05, 2013

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549								OMB APPROVAL			
								OMB Number:	3235-0287		
Check the character of	ger	Ü					Expires:	January 31, 2005			
subject t Section Form 4	STATEMEN 16. or	NT OF CHAI	SECUI	RITIES				Estimated a burden hour response	verage		
Form 5 obligations may continue. See Instruction 1(b). 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 A		d Ticker or T		>	5. Relationship of Reporting Person(s) to Issuer						
	e Brands	Holdings,	inc.		(Check all applicable)						
(Last) (First) (Middle) 3. Date of (Month/D				ransaction		_	_X_ Director 10% OwnerX_ Officer (give title Other (specify				
660 WHITE 205	E PLAINS RD., SUIT	2013			pelow) Presid	below) esident and CEO					
	endment, Date Original onth/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person						
TARRYTC	TARRYTOWN, NY 10591 — Form filed by More than One Reporting Person										
(City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned											
1.Title of Security (Month/Day/Year) Execution Date, if any (Month/Day/Year)			Code (Instr. 8)	4. Securitie oror Dispose (Instr. 3, 4	d of (E and 5) (A) or	0)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	urities Ownership Indirect neficially Form: Beneficially ned Direct (D) Ownership or Indirect (Instr. 4) (Instr. 4)			
Common Stock, par value \$0.01 per share	09/03/2013		Code V	Amount 27,000	(D)	Price \$ 32.42 (1) (2)	96,576	D			
Common Stock, par value \$0.01 per share	09/03/2013		M	225,000	A	\$ 7.16	321,576	D			

S

225,000 D

96,576

D

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Common Stock, par value \$0.01 per share					\$ 32.42 (1) (2)			
Common Stock, par value \$0.01 per share	09/04/2013	S	6,000	D	\$ 32.53 (1) (3)	90,576	D	
Common Stock, par value \$0.01 per share						69,424	I	By Trust

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.

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 Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	TransactiorDerivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D)				7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
	Security			Code V	5)	r. 3, 4, and (D)	Date Exercisable	Expiration Date	Title	Amount Number Shares
Employee Stock Option (right to buy)	\$ 7.16	09/03/2013		M		225,000	<u>(5)</u>	09/02/2019	Common Stock	225,00

Reporting Owners

Reporting Owner Name / Address	Relationships						
. 9	Director	10% Owner	Officer	Other			
Mannelly Matthew 660 WHITE PLAINS RD., SUITE 205 TARRYTOWN, NY 10591	X		President and CEO				

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Signatures

/s/ Matthew M. Mannelly by Samuel C. Cowley as attorney-in-fact pursuant to power of attorney dated May 9, 2012 on file with the Commission

09/05/2013

**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).
 - Reflects the weighted average sale price. The reporting person effected multiple same-way open market sale transactions on the same day at different prices through a trade order executed by a broker dealer. The reporting person reported on a single line all such transactions
- (1) that occurred within a one dollar price range. The reporting person hereby undertakes to provide upon request by the Securities and Exchange Commission staff, the issuer, or a shareholder of the issuer, full information regarding the number of shares sold at each separate price.
- (2) The range of prices for such transaction is \$32.25 to \$32.85.
- (3) The range of prices for such transaction is \$32.50 to \$32.57.
- (4) The shares are held by a family trust of which the reporting person is trustee and the beneficiaries are the reporting person's children.
- (5) The options vest in five equal annual installments beginning on September 2, 2010.

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.

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