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 or Section 30(h) of the Investment Company Act of 1940

| 1. Name and Address of Reporting Person* Mollere Marc S | | | 2. Date of Event Requiring Statement (Month/Day/Year) 03/10/2022 3. Issuer Name and Ticker or Trading Symbol BELLRING BRANDS, INC. [BRBR] | | | | | | | | |
|--|---------------------|--|--|---|--|--|--|---|--|----|--|
| (Last) | (First) ING BRAN | (Middle) DS, INC. | | • | 4. Relationship of Reporting Issuer (Check all applicable) | , | | 5. If Amendment, Date of Original Filed (Month/Day/Year) | | | |
| 2503 S. HANLEY ROAD | | | | Director X Officer (give title below) | 10% C Other below) | (specify | 6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting | | | | |
| (Street) ST. LOUIS | МО | 63144 | | | SVP, INTERNA | ΓΙΟΝΑL | | Person Form filed by More than One Reporting Person | | | |
| (City) | (State) | (Zip) | | | | | | | | | |
| Table I - Non-Derivative Securities Beneficially Owned | | | | | | | | | | | |
| 1. Title of Security (Instr. 4) | | | [| 2. Amount of Securities Beneficially Owned (Instr. I) | | | 4. Nature of Indirect Beneficial Ownership (Instr. 5) | | | | |
| Common Stock | | | | | 22,443 ⁽¹⁾⁽²⁾ | D | | | | | |
| Common Stock | | | | | 2,077(1)(3) | I | | By 401(k) | | | |
| Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) | | | | | | | | | | | |
| 1. Title of Deriv | ative Securit | 2. Date Exercisable a Expiration Date (Month/Day/Year) | | ate | 3. Title and Amount of S Underlying Derivative So (Instr. 4) | | | cise Form: | 6. Nature of Indirect Beneficial Ownership (Instr. | | |
| | | | Date Exercisable | Expiration Date | Title | Amount or Number of Shares | Derivative Security | | Direct (D) or Indirect (I) (Instr. 5) | 5) | |

Explanation of Responses:

- 1. Reflects securities held upon completion of the transactions under the transaction agreement and plan of merger entered into on October 26, 2021, as amended on February 28, 2022, whereby Post Holdings, Inc. ("Post") contributed its membership units of BellRing Brands, LLC into a newly-formed subsidiary, BellRing Distribution, LLC (which converted into a Delaware corporation prior to the distribution and was renamed "BellRing Brands, Inc.") ("New BellRing"), in exchange for New BellRing stock and New BellRing debt securities and distributed a portion of its New BellRing stock bellRing stock and New BellRing Brands, Inc.) ("Old BellRing") merged with a subsidiary of New BellRing and each outstanding share of Old BellRing Class A common stock was converted into one share of New BellRing common stock and \$2.97 in cash (collectively, the "Transactions").
- 2. Includes unvested restricted stock units of New BellRing received in the Transactions in respect of unvested restricted stock units of Old BellRing previously held by the Reporting Person, which awards continue to be subject to the same terms and conditions of the Old BellRing awards. Such awards may be adjusted to account for the cash consideration payable to stockholders of Old BellRing in the Transactions.
- 3. Reflects an approximate number of shares of NewBellRing received in connection with the Transactions in respect of shares of Post held by the Reporting Person through the Reporting Person's 401(k) account.

Remarks:

See attached Exhibit 24 - Power of Attorney.

/s/ Craig L. Rosenthal, Attorney-in-Fact

03/10/2022

** Signature of Reporting

Date

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

- * 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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 Number.

POWER OF ATTORNEY

Know all by these presents that the undersigned, does hereby make, constitute and appoint Craig L. Rosenthal, as a true and lawful attorney-in-fact of the undersigned with full powers of substitution and revocation, for and in the name, place and stead of the undersigned (in the undersigned's individual capacity), to execute and deliver such forms that the undersigned may be required to file with the U.S. Securities and Exchange Commission as a result of the undersigned's ownership of or transactions in securities of BellRing Brands, Inc. (i) pursuant to Section 16(a) of the Securities Exchange Act of 1934, as amended, including without limitation, statements on Form 3, Form 4 and Form 5 (including any amendments thereto) and (ii) in connection with any applications for EDGAR access codes, including without limitation the Form ID. The Power of Attorney shall remain in full force and effect until the undersigned is no longer required to file Forms 3, 4 and 5 with regard to his or her ownership of or transactions in securities of BellRing Brands, Inc. unless earlier revoked in writing. The undersigned acknowledges that Craig L. Rosenthal is not assuming any of the undersigned's responsibilities to comply with Section 16 of the Securities Exchange Act of 1934, as amended.

By: /s/ Marc Mollere

Name: Marc Mollere

Date: March 10, 2022