Instruction 1(b).

FORM 4

## **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington,	D.C. 20549
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Check this box if no longer subject	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP
to Section 16. Form 4 or Form 5	
obligations may continue. See	

OMB APPROVAL 3235-0287 Estimated average burden hours per response: 0.5

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 ar		2. Issuer Name and Ticker or Trading Symbol BELLRING BRANDS, INC. [ BRBR ]									ck all app Direct	,	ng Per	rson(s) to Is 10% Ov Other (s	wner				
		RANDS, INC.	Middle)			3. Date of Earliest Transaction (Month/Day/Year) 11/12/2021									below		ND (	below)	
(Street) ST. LOU (City)	4. If A	4. If Amendment, Date of Original Filed (Month/Day/Year)									ividual or Joint/Group Filing (Check Applicable  Form filed by One Reporting Person  Form filed by More than One Reporting  Person								
1. Title of S	tive S	ion 2A. Deemed Execution Date,			uired, Disposed of, or Benef  3.					A) or	5. Amo Securit	ount of 6. C		n: Direct or Indirect	7. Nature of Indirect Beneficial				
							th/Day/Year)		8) Code	v	Amount	(A) (D)	_	rice	Report Transa (Instr. 3	eported ransaction(s) nstr. 3 and 4)			Ownership (Instr. 4)
Class A Common Stock  11/12/2021  F   6,574(1)   D   \$26.94   118,853   D    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)	tive Conversion Date Execution Date, or Exercise (Month/Day/Year) if any			4. Transaction Code (Instr. 8)		of Deriv Secu Acqu (A) o Dispo	r osed ) r. 3, 4	6. Date Expirati (Month/	ion Da			str.	Price of erivative ecurity 1str. 5)	9. Number derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4	Ownership Form:	Beneficial Ownership (Instr. 4)		
					Code V		(A)	(D)	Date Exercisable		Expiration Date	Title	Numi of Shar						

## **Explanation of Responses:**

1. Surrender of shares in payment of tax withholding due as a result of the vesting of 13,258 RSUs in accordance with Rule 16b-3.

## Remarks:

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

11/16/2021

\*\* Signature of Reporting Person 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 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).

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.