

OMB APPROVAL	
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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* <u>VITALE ROBERT V</u> (Last) (First) (Middle) C/O BELLRING BRANDS, INC. 2503 S. HANLEY ROAD (Street) ST. LOUIS MO 63144 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>BELLRING BRANDS, INC. [BRBR]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) Executive Chairman
	3. Date of Earliest Transaction (Month/Day/Year) 03/10/2022	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 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)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	03/10/2022		A		145,054 ⁽¹⁾	A	(1)	145,054	D	
Common Stock	04/05/2022		A ⁽²⁾		100,000	A	\$0.00	245,054	D	
Common Stock	03/10/2022		A		224,698 ⁽¹⁾	A	(1)	224,698	I	By 2000 Trust
Common Stock	03/10/2022		A		11,295 ⁽¹⁾	A	(1)	11,295	I	By 2014 Trust
Common Stock	03/10/2022		A		132,483 ⁽¹⁾	A	(1)	132,483	I	By 2020 Family Trust
Common Stock	03/10/2022		A		114,100 ⁽¹⁾	A	(1)	114,100	I	By Spouse
Common Stock	03/10/2022		A		16,431 ⁽¹⁾	A	(1)	16,431	I	By Spouse's Trust
Common Stock	03/10/2022		A		16,727 ⁽¹⁾	A	(1)	16,727	I	By Daughter's Trust
Common Stock	03/10/2022		A		16,727 ⁽¹⁾	A	(1)	16,727	I	By Son's Trust

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. Transaction Code (Instr. 8)		5. Number of 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 Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V		(A)	(D)					

Explanation of Responses:

1. Reflects securities acquired in connection with the transactions under the transaction agreement and plan of merger entered into on October 26, 2021, as amended on February 28, 2022, whereby BellRing Intermediate Holdings, Inc. (formerly known as BellRing Brands, Inc.) ("Old BellRing") merged with a subsidiary of Issuer and each outstanding share of Old BellRing Class A common stock was converted into one share of Issuer common stock and \$2.97 in cash (the "Cash Consideration" and such transactions the "Transactions"). Such securities were originally included on the Form 3 filed by the Reporting Person on March 10, 2022.

2. Each restricted stock unit represents a contingent right to receive one share of BellRing Brands, Inc. Common Stock. The restricted stock units were granted under the BellRing Brands, Inc. 2019 Long-Term Incentive Plan in a transaction exempt under Rule 16b-3 and vest in three equal increments on April 5, 2023, April 5, 2024 and February 1, 2025.

Remarks:

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

04/06/2022

** 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.

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