FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

A / la :	D 0	205 40
Washington,	D.C.	20549

STATEMENT	OF CHANGES	IN BENEFICIAL	OWNERSHIP

	OMB APPROVAL								
	OMB Number: 3235-02								
	Estimated average burden								
- 1	hours per response.	0.5							

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* JOHNSON JENNIFER KUPERMAN				2. Issuer Name and Ticker or Trading Symbol BELLRING BRANDS, INC. [BRBR]						(Che	ck all application	able)	10% Ov		vner
LRING BR	ANDS, INC.	(Middle)		3. Date of Earliest Transaction (Month/Day/Year) 01/05/2021							Officer (below)	give title	Other (sp below)		pecify
		63144	4.	4. If Amendment, Date of Original Filed (Month/Day/Year)					Line	ndividual or Joint/Group Filing (Check Applicable e) X Form filed by One Reporting Person Form filed by More than One Reporting Person					
(St															
	Tal	ble I - Non-D	Derivativ	ve Se	curities	s Ac	quired, Di	spose	d of, or Be	neficially	Owned				
Dat		ate	Execution Date,) Securities Beneficial Owned Fo	For lly (D)	Form: (D) or	m: Direct or Indirect Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)			
							Code V	Amou	int (A) o (D)	Price	Transacti				(IIISU. 4)
											Owned				
		Code	ansaction Derivative E		Expiration Date of Securities (Month/Day/Year) Underlying Derivative Se		ies g Security	8. Price of Derivative Security (Instr. 5)	derivative Securities Beneficia Owned Following Reported	e s ally	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)			
			Code	v	(A)	(D)	Date Exercisable	Expirati Date	on Title	Amount or Number of Shares		(Instr. 4)			
(1)	01/05/2021		A		772.236		(2)	(2)	Class A Common Stock	772.236	\$23.74	3,632.6	585	D	
	(Fit LRING BR HANLEY R IS M((St Conversion or Exercise Price of Derivative Security	(First) LRING BRANDS, INC. HANLEY ROAD IS MO (State) Tal Security (Instr. 3) 2. Conversion or Exercise Price of Derivative Security	(First) (Middle) LRING BRANDS, INC. HANLEY ROAD IS MO 63144 (State) (Zip) Table I - Non-Inc. Gecurity (Instr. 3) 2. D. (March 1) Table II - Dec. (e. (a. (a. (b. (b. (b. (b. (b. (b. (b. (b. (b. (b	(First) (Middle) LRING BRANDS, INC. HANLEY ROAD Table I - Non-Derivative (Month/Day/Year) Table II - Derivative (e.g., puts 2. Transaction Date (Month/Day/Year) Price of Derivative Security (1) 01/05/2021 A	(First) (Middle) LRING BRANDS, INC. HANLEY ROAD Table I - Non-Derivative Security (Instr. 3) Table II - Derivative Security (Month/Day/Year) Table II - Derivative Security Table II - Derivative Security (Month/Day/Year) A Date (Month/Day/Year) A BELL 3. Date (001/05/2) 4. If Ame A Table II - Derivative Security Security Table II - Derivative Security Security A Code (Instr. 8)	(First) (Middle) LRING BRANDS, INC. HANLEY ROAD Table I - Non-Derivative Securities (Month/Day/Year) Table II - Derivative Securities (e.g., puts, calls, warries (Month/Day/Year) Table II - Derivative Securities (e.g., puts, calls, warries (month/Day/Year) A Transaction Date (Month/Day/Year) Conversion or Exercise Price of Derivative Security Security (Month/Day/Year) A 772.236	(First) (Middle) LRING BRANDS, INC. HANLEY ROAD Table I - Non-Derivative Securities Action Date (Month/Day/Year) Table II - Derivative Securities Acqueege, puts, calls, warrants Table II - Derivative Securities Acqueege, puts, calls, warrants Acquired (A) Derivative Securities Acqueege (e.g., puts, calls, warrants Table II - Derivative Securities Acqueege (e.g., puts, calls, warrants) Conversion or Exercise Price of Derivative Security (Month/Day/Year) (Month/Day/Year) Acquired (A) Or Disposed of (D) (Instr. 3, 4 and 5) Code V (A) (D) (1) 01/05/2021 A 772.236	(First) (Middle) LRING BRANDS, INC. HANLEY ROAD Table I - Non-Derivative Securities Acquired, Discourity (Instr. 3) Table II - Derivative Securities Acquired, Discourity (Month/Day/Year) Table II - Derivative Securities Acquired, Discourity (Month/Day/Year) Table II - Derivative Securities Acquired, Discourities Acquired, Discourity (Month/Day/Year) Table II - Derivative Securities Acquired, Discourities Acquired (A) or Disposed (Month/Day/Year) Conversion or Exercise Price of Date (Month/Day/Year) Price of Derivative Security A 4. Transaction Code (Instr. 8) Code V (A) (D) Date Expiration Discourities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) Code V (A) (D) Date Exercisable (1) 01/05/2021 A 7772.236 (2)	(First) (Middle) LRING BRANDS, INC. HANLEY ROAD Table I - Non-Derivative Securities Acquired, Disposed (Month/Day/Year) (State) (Zip) Table II - Derivative Securities Acquired, Disposed (e.g., puts, calls, warrants, options, conversion or Exercise Price of Derivative Security 2. Transaction Date (e.g., puts, calls, warrants, options, conversion or Exercise Price of Derivative Security 3. Transaction Date (Month/Day/Year) ((First) (Middle) LRING BRANDS, INC. HANLEY ROAD Table I - Non-Derivative Securities Acquired, Disposed of, or Be (Month/Day/Year) Lecurity (Instr. 3) Table II - Derivative Securities Acquired, Disposed of, or Be (Month/Day/Year) Table II - Derivative Securities Acquired, Disposed of, or Be (L. g., puts, calls, warrants, options, convertible security or Security Table II - Derivative Securities Acquired, Disposed of, or Ben (L. g., puts, calls, warrants, options, convertible security (Month/Day/Year) Conversion or Exercise Price of Date (Month/Day/Year) (Month/Day/Year) Conversion of Securities Acquired, Disposed of, or Ben (L. g., puts, calls, warrants, options, convertible security (Month/Day/Year) Code (Month/Day/Year) A Demed Execution Date, if any (Month/Day/Year) (Month/Day/Year) Code (Instr. 8) S. Number of Expiration Date (Month/Day/Year) (Month/Day/Year) Code (Instr. 8) S. Number of Expiration Date (Month/Day/Year) Code (Instr. 8) Code (Instr. 8) Code (Instr. 8) A Transaction (Month/Day/Year) Code (Instr. 8) Code (I	(Che) (C	Check all application Continue Code V Amount Code (Instr. 3) Code (Ins	Check all applicable X Director Officer (give title below)	Security (Instr. 3) Securities Securit	BELLRING BRANDS, INC. BRBR Check all applicable X Director 10% Ownership Check applicable 10% Ownership 10% Ownership 10% Ownership 10% Ownership 10% Ownership

1. Reporting Person's retainer earned as a Director of Issuer is deferred into BellRing Brands, Inc. Class A common stock equivalents under the Issuer's Deferred Compensation Plan for Directors. Reporting Person is credited with stock equivalents on a quarterly basis as soon as administratively practical following the quarter in which such retainer is earned. The value of these stock equivalents is distributed (on a one-for-one basis) in the form of BellRing Brands, Inc. Class A common stock upon Reporting Person's retirement from the Board of Directors.

Remarks:

/s/ Craig L. Rosenthal, 01/06/2021 Attorney-in-Fact

** 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.

^{2.} The stock equivalents have no fixed exercisable or expiration dates