SEC Form 4	
------------	--

FORM 4

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

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL OMB Number: 3235-0287

OND Number.	3233-0207
Estimated average burg	den
hours per response:	0.5

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

					0	r Seci	tion 30(h) c	nine	investmer	it Cor	npany Act	01 1940	U						
1. Name and Address of Reporting Person* JOHNSON JENNIFER KUPERMAN					2. Issuer Name and Ticker or Trading Symbol BELLRING BRANDS, INC. [BRBR]								(Che	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
					1										Director			10% Ov	ner
	LRING BR	ANDS, INC.	(Middle)		3. Date of Earliest Transaction (Month/Day/Year) 04/01/2021									Officer (below)	give title		Other (s below)	pecify	
2503 S. HANLEY ROAD				4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Inc	6. Individual or Joint/Group Filing (Check Applicable						
(Street) ST. LOU	IS M	0	63144						-					Line)			•	rting Persor One Repor	
(City)	(St	ate)	(Zip)																
		Та	ble I - No	n-Deriv	ativ	/e Se	curities	s Ac	quired,	Dis	posed o	of, or	Bene	eficially	Owned				
1. Title of Security (Instr. 3) 2. Trans Date (Month/			saction /Day/Year)		Execution Date,		Code (Instr.					5. Amount Securities Beneficial Owned Fo Reported	s For Illy (D) ollowing (I) (Direct Indirect str. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)			
									Code	v	Amount	t (A) or Pi (D) Pi		Price	Transactio	Transaction(s) (Instr. 3 and 4)			,iii5ti: 4)
			Table II -				urities /								Dwned				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Da if any (Month/Day/ ¹	d 4. Date, Ti C	ransaction ode (Instr.		5. Number of Derivative		6. Date Exercisable and Expiration Date (Month/Day/Year)			7. Title and Amo of Securities Underlying Derivative Secu (Instr. 3 and 4)		Amount s security	8. Price of Derivative Security (Instr. 5)	9. Numbo derivativ Securitie Beneficia Owned Followin Reported Transact	e Ov 5 Fo Ily Dir or 1 (l)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code		v	(A) (D)		Date Exercisal		Expiration Date	Title		Amount or Number of Shares		(Instr. 4)	1011(5)		
BellRing Brands, Inc. Class		04/01/2021									(2)	Class	s A	776 400	4 22.01	1.400			

Explanation of Responses:

(1)

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.

(2)

(2)

Common

Stock

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

04/01/2021

Remarks:

A Common Stock

Equivalents

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

04/01/2021

4,409.173

D

** Signature of Reporting Person Date

776.488

\$23.61

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

 \ast 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.

76.488