

Prestige Brands Holdings, Inc.
Form 4
December 18, 2013

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
Parkinson John

2. Issuer Name and Ticker or Trading Symbol
Prestige Brands Holdings, Inc.
[PBH]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
660 WHITE PLAINS RD.
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
12/16/2013

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
Senior VP- International

TARRYTOWN, NY 10591
(City) (State) (Zip)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

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 Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock, par value \$0.01 per share	12/16/2013		M		20,386 A \$ 12.86	66,519	D
Common Stock, par value \$0.01 per share	12/16/2013		S		20,386 D \$ 35.39 (1) (2)	46,133	D
Common Stock, par value \$0.01 per share	12/16/2013		M		22,143 A \$ 10.91	68,276	D

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Common Stock, par value \$0.01 per share	12/16/2013	S	22,143	D	\$ 35.39 <u>(1)</u> <u>(2)</u>	46,133	D
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Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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(9-02)

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 Underlying Securities (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title Amount or Number of Shares
Employee Stock Option (right to buy)	\$ 12.86	12/16/2013		M	20,386	<u>(3)</u> 05/24/2017	Common Stock 20,386
Employee Stock Option (right to buy)	\$ 10.91	12/16/2013		M	22,143	<u>(4)</u> 05/29/2018	Common Stock 22,143

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

Parkinson John
660 WHITE PLAINS RD.
TARRYTOWN, NY 10591

Senior VP- International

Signatures

/s/ John Parkinson by Samuel C. Cowley as attorney-in-fact), pursuant to power of attorney dated May 8, 2012 on file with the Commission

12/18/2013

__Signature of Reporting Person

Date

Explanation of Responses:

* 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).

- Reflects the weighted average sale price. The reporting person effected multiple same-way open market sale transactions on the same day at different prices through a trade order executed by a broker-dealer. The reporting person reported on a single line all such transactions that occurred within a one dollar price range. The reporting person hereby undertakes to provide upon request by the Securities Exchange Commission staff, the issuer, or a shareholder of the issuer, full information regarding the number of shares sold at each separate price.
- (1)
 - (2) The range of prices for such transaction is \$35.23 to \$35.68.
 - (3) The option vested in three installments as follows: 6,796 on May 25, 2008 and 6,795 on each of May 25, 2009 and 2010.
 - (4) The option vested in three equal installments on each of May 30, 2009, 2010 and 2011.

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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