Prestige Brands Holdings, Inc.

Form 4

May 22, 2014

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

OMB APPROVAL

OMB Number: 3235-0287

Expires: January 31, 2005

Estimated average burden hours per response... 0.5

if no longer subject to Section 16. Form 4 or

Check this box

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Form 5 obligations may continue. See Instruction Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading Mannelly Matthew Issuer Symbol Prestige Brands Holdings, Inc. (Check all applicable) [PBH] (Last) (First) (Middle) 3. Date of Earliest Transaction _X_ Director 10% Owner X_ Officer (give title Other (specify (Month/Day/Year) below) 660 WHITE PLAINS RD. 05/20/2014 President and CEO (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting TARRYTOWN, NY 10591 Person

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(City)	(State)	(Zip) Tab	ole I - Non-	Derivative	Secu	rities Acquii	red, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3) Common Stock, par value \$0.01 per share	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactic Code (Instr. 8)	4. Securit Dipor Dispos (Instr. 3, 4)	ed of		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)
Common Stock, par value \$0.01 per share	05/20/2014		S	3,813	D	\$ 33.3121 (1) (2)	65,611	I	By Trust
Common Stock, par	05/20/2014		S	46,663	D	\$ 33.2273	18,948	I	By Trust (5)

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(1) (3) value \$0.01 per share Common Stock, par \$ By Trust S 18,948 D 33.2889 0 I value 05/20/2014 \$0.01 per (1)(4)share

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

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 control number.

SEC 1474

(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of 2. 3. Transaction Date Derivative Conversion (Month/Day/Year Security or Exercise	Execution Date, if any	4. Transaction Code	5. onNumber of	6. Date Exercises Expiration D	ate	7. Title and Amount of	8. Price of Derivative	
(Instr. 3) Price of Derivative Security	(Month/Day/Year)	(Instr. 8)	Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3,		ate An Year) Un Sec	Underlying Securities (Instr. 3 and 4)		9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr
		Code V	4, and 5)	Date Exercisable	Expiration Date	Amount or Title Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships						
.,	Director	10% Owner	Officer	Other			
Mannelly Matthew							
660 WHITE PLAINS RD.	X		President and CEO				
TARRYTOWN, NY 10591							

Signatures

/s/ Matthew M. Mannelly by Samuel C. Cowley as attorney-in-fact pursuant to power of attorney dated May 9, 2012 on file with the Commission

05/22/2014

**Signature of Reporting Person Date

Reporting Owners 2

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
- (1) that occurred within a one dollar price range. The reporting person hereby undertakes to provide upon request by the Securities and Exchange Commission staff, the issuer, or a shareholder of the issuer, full information regarding the number of shares sold at each separate price.
- (2) The range of prices for such transaction is \$33.25 to \$33.35.
- (3) The range of prices for such transaction is \$33.20 to \$33.26.
- (4) The range of prices for such transaction is \$33.25 to \$33.36.
- (5) The shares are held by a family trust, of which the reporting person is trustee and the beneficiaries are the reporting person's children.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.