

**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

OMB APPROVAL	
OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

1. Name and Address of Reporting Person * <u>Parkinson John</u>			2. Issuer Name and Ticker or Trading Symbol <u>Prestige Brands Holdings, Inc. [ PBH ]</u>			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Senior VP- International</u>		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) <u>04/08/2013</u>			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person		
<u>660 WHITE PLAINS RD.</u>			4. If Amendment, Date of Original Filed (Month/Day/Year)					
(Street) <u>TARRYTOWN NY 10591</u>								
(City) (State) (Zip)								

**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, par value \$0.01 per share	04/08/2013		F		3,728	D	\$25.96	51,713	D	
Common Stock, par value \$0.01 per share	11/25/2014		M		30,208	A	\$9.03	81,921	D	
Common Stock, par value \$0.01 per share	11/25/2014		S		30,208	D	\$33.44 <sup>(1)(2)</sup>	51,713	D	
Common Stock, par value \$0.01 per share	11/25/2014		M		17,028	A	\$11.27	68,741	D	
Common Stock, par value \$0.01 per share	11/25/2014		S		17,028	D	\$33.4 <sup>(1)(3)</sup>	51,713	D	
Common Stock, par value \$0.01 per share	11/26/2014		M		8,292	A	\$11.27	60,005	D	
Common Stock, par value \$0.01 per share	11/26/2014		S		8,292	D	\$33.4	51,713	D	
Common Stock, par value \$0.01 per share	11/26/2014		M		16,916	A	\$13.24	68,629	D	
Common Stock, par value \$0.01 per share	11/26/2014		S		16,916	D	\$33.4	51,713	D	
Common Stock, par value \$0.01 per share	11/28/2014		M		499	A	\$13.24	52,212	D	
Common Stock, par value \$0.01 per share	11/28/2014		S		499	D	\$33.72	51,713	D	
Common Stock, par value \$0.01 per share	12/01/2014		M		793	A	\$13.24	52,506	D	
Common Stock, par value \$0.01 per share	12/01/2014		S		793	D	\$33.36 <sup>(1)(4)</sup>	51,713	D	

**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)	Date Exercisable	Expiration Date						Title
Employee Stock Option (right to buy)	\$9.03	11/25/2014		M			30,208	(5)	04/07/2020	Common Stock	30,208	\$0	0	D	
Employee Stock Option (right to buy)	\$11.27	11/25/2014		M			17,028	(6)	05/10/2021	Common Stock	17,028	\$0	8,292	D	
Employee Stock Option (right to buy)	\$11.27	11/26/2014		M			8,292	(6)	05/10/2021	Common Stock	8,292	\$0	0	D	

**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)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Employee Stock Option (right to buy)	\$13.24	11/26/2014		M			16,916	(7)	05/09/2022	Common Stock	16,916	\$0	1,292	D	
Employee Stock Option (right to buy)	\$13.24	11/28/2014		M			499	(7)	05/09/2022	Common Stock	499	\$0	793	D	
Employee Stock Option (right to buy)	\$13.24	12/01/2014		M			793	(7)	05/09/2022	Common Stock	793	\$0	0	D	

**Explanation of Responses:**

1. 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 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 \$33.42 to \$33.47.
3. The range of prices for such transaction is \$33.40 to \$33.42.
4. The range of prices for such transaction is \$33.35 to \$33.37.
5. The option vested in three equal installments beginning on April 8, 2011.
6. The option vested in three equal installments beginning on May 10, 2012.
7. The option vests in three equal installments beginning on May 9, 2013.

[/s/ John Parkinson by Samuel C. Cowley as attorney-in-fact pursuant to power of attorney. 12/03/2014 dated May 8, 2012 on file with the Commission](#)

\*\* 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.**