FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

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

l	OMB APPRO	VAL
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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 ar		2. Issuer Name and Ticker or Trading Symbol Prestige Brands Holdings, Inc. [PBH]									all applic Directo	or 10% C (give title Other		son(s) to Issuer 10% Owner Other (specify						
(Last) 660 WHI	(F TE PLAIN		3. Date of Earliest Transaction (Month/Day/Year) 09/03/2013											below)	below)					
(Street) TARRYTOWN NY 10591 (City) (State) (Zip)							4. If Amendment, Date of Original Filed (Month/Day/Year)									Joint/Group Filing (Check Applicable filed by One Reporting Person filed by More than One Reporting n				
	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																			
1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/N						Execution Date					4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 an			5. Amou Securitie Benefici Owned F		es Fo ally (D Following (I)		n: Direct r Indirect nstr. 4)	7. Nature of Indirect Beneficial Ownership	
						Code	v	Amount	(A) or (D)	Price		Reporte Transac (Instr. 3	tion(s)			(Instr. 4)				
Common Stock, par value \$0.01 per share 09/03/20					2013	13			M		11,601	A	\$9	0.03	36,300		D			
Common Stock, par value \$0.01 per share 09/03/20				2013	13		S		11,601	D	\$32.	17(1)(2)	24,699		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. Dee Execution if any (Month/I		4. Transa Code (8)		of Deri Sec Acq (A) (Disp of (I	umber vative urities uired or oosed o) (Instr. and 5)	6. Date Exerc Expiration Da (Month/Day/Y		ate	7. Title and Amo of Securities Underlying Derivative Secur (Instr. 3 and 4)		D	. Price of erivative ecurity nstr. 5)	9. Number derivative Securities Beneficial Owned Following Reported Transactio (Instr. 4)	ly	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
					Code	v	(A)	(D)	Date Exerci	sable	Expiration Date	Title	Amo or Num of Shar	ber						
Employee Stock Option (right to	\$9.03	09/03/2013			M			11,601	(3)	04/07/2020	Common Stock	11,6	501	\$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 \$32.16 to \$32.20.
- 3. The option vested in three approximately equal annual installments beginning on April 7, 2011.

/s/ Jean Boyko by Samuel C. Cowley as attorney-in-fact pursuant to power of attorney 09/05/2013 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.