Vitamin Shoppe, Inc. Form 4

July 06, 2016

## FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

**SECURITIES** 

OMB Number:

3235-0287

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January 31, 2005

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**OMB APPROVAL** 

response...

if no longer subject to Section 16. Form 4 or Form 5 obligations

may continue.

See Instruction

Check this box

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

1(b).

(City)

(State)

(Zip)

(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 EDWAB DAVID H Issuer Symbol Vitamin Shoppe, Inc. [VSI] (Check all applicable) (First) (Middle) 3. Date of Earliest Transaction (Last) (Month/Day/Year) X\_ Director 10% Owner Other (specify Officer (give title C/O VITAMIN SHOPPE, INC., 300 07/01/2016 below) HARMON MEADOW BLVD. (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 SECAUCUS, NJ 07094

1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. 4. Securities Acq Transaction(A) or Disposed (Code (Instr. 3, 4 and 5) (Instr. 8)		d of (D)		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	Transaction(s) (Instr. 3 and 4)		
Common Stock	07/01/2016		A	2,279 (1)	A	\$ 30.71	9,776	D	
Common Stock	07/05/2016		M	470	A	\$0	10,246	D	

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control number.

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

#### Edgar Filing: Vitamin Shoppe, Inc. - Form 4

# 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)	4. Transact Code (Instr. 8)	tionof Deri  Deri  Acq (A) Disp of (I	oosed O) tr. 3, 4,	Expiration Date Underlying (Month/Day/Year) (Instr. 3 ar		7. Title and A Underlying S (Instr. 3 and	Securities	8. Price Deriva Securit (Instr. :
			Code V	V (A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Restricted Stock Units	<u>(2)</u>	07/05/2016	M		470	(3)	(3)	Common Stock	470	\$ (

## **Reporting Owners**

Reporting Owner Name / Address	Relationships						
• 9	Director	10% Owner	Officer	Other			
EDWAB DAVID H							
C/O VITAMIN SHOPPE, INC.	X						
300 HARMON MEADOW BLVD.	Λ						
SECAUCUS, NJ 07094							

## **Signatures**

David M. Kastin, as Attorney-In-Fact 07/06/2016

\*\*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).
- These shares are restricted stock units that were issued pursuant to the Registrant's 2009 Equity Incentive Plan, as amended, as the annual award to directors pursuant to the Director Compensation Plan and Stock Ownership Guidelines. Each restricted stock unit represents a contingent right to receive one share of common stock. Restricted stock units vest in four equal quarterly installments on October 3, 2016, January 3, 2017, April 3, 2017 and July 3, 2017.
- (2) Each restricted stock unit granted represents a right contingent on time vesting to receive one share of Common Stock.
- (3) On July 2, 2015, the reporting person was granted 1,879 restricted stock units, vesting in four equal quarterly installments beginning on October 2, 2015.

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.

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