

## Form 144 Filer Information

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

FORM 144

## Form 144

NOTICE OF PROPOSED SALE OF SECURITIES  
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

## 144: Filer Information

Filer CIK

0001471262

Filer CCC

XXXXXXXX

Is this a LIVE or TEST Filing?

☒ LIVE ☐ TEST

## Submission Contact Information

Name

Phone

E-Mail Address

## 144: Issuer Information

Name of Issuer

MGP INGREDIENTS INC

SEC File Number

000-17196

Address of Issuer

1300 MAIN ST  
ATCHISON  
KANSAS  
66002

Phone

9133671480

Name of Person for Whose Account the  
Securities are To Be Sold

Seaberg Karen

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer

Director

## 144: Securities Information

Title of the Class of Securities To Be Sold

Common

Name and Address of the Broker

The Charles Schwab Corporation  
3000 Schwab Way  
Westlake  
TX  
76262Number of Shares or Other Units To Be  
Sold

31596

Aggregate Market Value

770626.44

Number of Shares or Other Units  
Outstanding

21294315

Approximate Date of Sale

12/10/2025

Name the Securities Exchange

NASDAQ

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or

any part of the purchase price or other consideration therefor:

## 144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	11/05/2020
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Laidacker Seaberg Revocable Trust

Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired	01/01/2000
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Amount of Securities Acquired	31596
Date of Payment	11/05/2020
Nature of Payment	Gift

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

## 144: Securities Sold During The Past 3 Months

Name and Address of Seller	Karen Seaberg 100 Commercial St. Atchison KS 66002
Title of Securities Sold	Common
Date of Sale	12/09/2025
Amount of Securities Sold	166668
Gross Proceeds	4039215.65

## 144: Remarks and Signature

Remarks	Shares being sold out of account titled: Seaberg MGP Holdings LP
Date of Notice	12/10/2025

### ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature	Karen Seaberg
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**ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)**