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?	
Submission Contact Information	
Name	

E-Mail Address

144: Issuer Information

Name of Issuer	MGP INGREDIENTS INC
SEC File Number	000-17196
Address of Issuer	1300 MAIN ST ATCHISON FLORIDA 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	Officer

144: Securities Information

Title of the Class of Securities To Be Sold	Common
Name and Address of the Broker	Raymond James & Associates, Inc. 880 Carillon Parkway St. Petersburg FL 33716
Number of Shares or Other Units To Be Sold	938
Aggregate Market Value	99982.97
Number of Shares or Other Units Outstanding	21950862
Approximate Date of Sale	07/03/2023
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

144: Securities To Be Sold	
Title of the Class	Common
Date you Acquired	02/29/2012
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Cloud L Cray Jr Family Trust
Is this a Gift?	Date Donor Acquired
Amount of Securities Acquired	335314
Date of Payment	02/29/2012
Nature of Payment	N/A

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.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	12/01/2022
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Cloud L Cray Jr Family Trust
Is this a Gift?	Date Donor Acquired
Amount of Securities Acquired	29594
Date of Payment	12/01/2022
Nature of Payment	N/A

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 20073 266th Rd Atchison KS 66002
Title of Securities Sold	Common
Date of Sale	06/16/2023
Amount of Securities Sold	975
Gross Proceeds	99924.32

144: Remarks and Signature

Remarks	
Date of Notice	07/03/2023
Date of Plan Adoption or Giving of Instruction, If Relying on Rule 10b5-1	03/14/2023

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

Tracey Cornelison, as duly authorized representative of Raymond James & Associates, Inc., as attorney-in-fact for Karen Seaberg

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