Form 144 Filer Information

FORM 144

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

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 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 filling 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	235	
Aggregate Market Value	25049.03	
Number of Shares or Other Units Outstanding	21950862	
Approximate Date of Sale	07/03/2023	
Name the Securities Exchange	Nasdaq	

any part of the purchase price or other consideration therefor:

144: Securities To Be Sold		
Title of the Class	Common	
Date you Acquired	06/28/2016	
Nature of Acquisition Transaction	Gift	
Name of Person from Whom Acquired	Laidacker Seaberg Revocable Trust	
Is this a Gift?	Date Donor Acquired	
Amount of Securities Acquired	76435	
Date of Payment	06/28/2016	
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	12/19/2016
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Transfer from previous foundation
Is this a Gift?	Date Donor Acquired
Amount of Securities Acquired	1030
Date of Payment	12/19/2016
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	125
Gross Proceeds	12810.80

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	06/20/2023
Amount of Securities Sold	120
Gross Proceeds	12203.74

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

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)