

144: Filer Information

Filer CIK	<input type="text" value="0001471262"/>
Filer CCC	<input type="text" value="XXXXXXXX"/>
Is this a LIVE or TEST Filing?	<input checked="" type="radio"/> LIVE <input type="radio"/> TEST

Submission Contact Information

Name	<input type="text"/>
Phone	<input type="text"/>
E-Mail Address	<input type="text"/>

144: Issuer Information

Name of Issuer	<input type="text" value="MGP INGREDIENTS INC"/>
SEC File Number	<input type="text" value="000-17196"/>
Address of Issuer	<input type="text" value="1300 MAIN ST
ATCHISON
KANSAS
66002"/>
Phone	<input type="text" value="9133671480"/>
Name of Person for Whose Account the Securities are To Be Sold	<input type="text" value="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	<input type="text" value="Officer"/>
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144: Securities Information

Title of the Class of Securities To Be Sold	<input type="text" value="COMMON"/>
Name and Address of the Broker	<input type="text" value="RAYMOND JAMES & ASSOCIATES
880 CARILLON PARKWAY
ST. PETERSBURG
FL
33716"/>
Number of Shares or Other Units To Be Sold	<input type="text" value="301"/>
Aggregate Market Value	<input type="text" value="27572.00"/>
Number of Shares or Other Units Outstanding	<input type="text" value="21950862"/>
Approximate Date of Sale	<input type="text" value="12/01/2023"/>
Name the Securities Exchange	<input type="text" value="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	LADACKER SEABERG REVOCABLE TRUST	
Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired	10/15/2002
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?	<input checked="" type="checkbox"/> Date Donor Acquired	10/15/2002
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	09/01/2023
Amount of Securities Sold	209
Gross Proceeds	25049.03

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	10/02/2023
Amount of Securities Sold	1698
Gross Proceeds	174984.12

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	11/01/2023
Amount of Securities Sold	269
Gross Proceeds	24982.85

144: Remarks and Signature

Remarks	
Date of Notice	11/29/2023
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	Melissa Fisher, as duly authorized representative of Raymond James & Associates, Inc., as attorney-in-fact for Karen Seaberg
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ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)