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 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	Officer
144: Securities Information	
Title of the Class of Securities To Be Sold	COMMON
Name and Address of the Broker	RAYMOND JAMES & ASSOC. 880 CARILLON PARKWAY ST. PETERSBURG FL 33716
Number of Shares or Other Units To Be Sold	763
Aggregate Market Value	59979.00
Number of Shares or Other Units Outstanding	21950862
Approximate Date of Sale	05/22/2024
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 02/28/2017 Nature of Acquisition Transaction **GIFT** Name of Person from Whom Acquired Laidacker Seaberg Revocable Trust Is this a Gift? 02/28/2017 Date Donor Acquired Amount of Securities Acquired 35654 Date of Payment 02/28/2017 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 COMMON Title of the Class 09/07/2017 Date you Acquired Nature of Acquisition Transaction GIFT Name of Person from Whom Acquired Laidacker Seaberg Revocable Trust 02/28/2017 Is this a Gift? Date Donor Acquired 34898 Amount of Securities Acquired Date of Payment 09/07/2017 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 Nothing to Report 144: Remarks and Signature Remarks

05/22/2024

## ATTENTION:

Date of Notice

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

MOHAMMED ALSHATRI, 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)