

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, Inc.
880 Carillon Parkway
St. Petersburg
FL
33716"/>
Number of Shares or Other Units To Be Sold	<input type="text" value="7343"/>
Aggregate Market Value	<input type="text" value="577233.00"/>
Number of Shares or Other Units Outstanding	<input type="text" value="21950862"/>
Approximate Date of Sale	<input type="text" value="05/22/2024"/>
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	01/20/2009
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Cloud L Cray Family Trust
Is this a Gift?	<input type="checkbox"/> Date Donor Acquired
Amount of Securities Acquired	117320
Date of Payment	01/20/2009
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	01/23/2009
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Cloud L Cray Family Trust
Is this a Gift?	<input type="checkbox"/> Date Donor Acquired
Amount of Securities Acquired	107420
Date of Payment	01/23/2009
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	12/29/2009
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Cloud L Cray Family Trust
Is this a Gift?	<input type="checkbox"/> Date Donor Acquired
Amount of Securities Acquired	1200
Date of Payment	12/29/2009
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	01/10/2011
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Cloud L Cray Family Trust

Is this a Gift? Date Donor Acquired

Amount of Securities Acquired	1200
Date of Payment	01/10/2011
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	02/29/2012
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Cloud L Cray Family Trust

Is this a Gift? Date Donor Acquired

Amount of Securities Acquired	600
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	12/24/2012
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	600
Date of Payment	12/24/2012

Nature of Payment

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

Date you Acquired

Nature of Acquisition Transaction

Name of Person from Whom Acquired

Is this a Gift? Date Donor Acquired

Amount of Securities Acquired

Date of Payment

Nature of Payment

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

Date you Acquired

Nature of Acquisition Transaction

Name of Person from Whom Acquired

Is this a Gift? Date Donor Acquired

Amount of Securities Acquired

Date of Payment

Nature of Payment

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

Date you Acquired

Nature of Acquisition Transaction

Name of Person from Whom Acquired

Is this a Gift? Date Donor Acquired

Amount of Securities Acquired

Date of Payment	12/15/2015
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	12/17/2016
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Cloud L Cray Jr Family Trust

Is this a Gift?	<input type="checkbox"/> Date Donor Acquired	
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Amount of Securities Acquired	81
Date of Payment	12/17/2016
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	08/25/2016
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Cloud L Cray Family Trust

Is this a Gift?	<input type="checkbox"/> Date Donor Acquired	
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Amount of Securities Acquired	4694
Date of Payment	08/25/2016
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	08/25/2016
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Cloud L Cray Family Trust

Is this a Gift?	<input type="checkbox"/> Date Donor Acquired	
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Amount of Securities Acquired	44594
Date of Payment	08/25/2016
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	11/16/2017
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Karen Seaberg

Is this a Gift? Date Donor Acquired

Amount of Securities Acquired	591
Date of Payment	11/16/2017
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

Title of the Class	Common
Date you Acquired	12/28/2017
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	53
Date of Payment	12/28/2017
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

Title of the Class	Common
Date you Acquired	07/03/2018
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Karen Seaberg

Is this a Gift?	<input type="checkbox"/> Date Donor Acquired	
Amount of Securities Acquired		1273
Date of Payment		07/03/2018
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		09/18/2018
Nature of Acquisition Transaction		Gift
Name of Person from Whom Acquired		Karen Seaberg

Is this a Gift?	<input type="checkbox"/> Date Donor Acquired	
Amount of Securities Acquired		10000
Date of Payment		09/18/2018
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		12/14/2018
Nature of Acquisition Transaction		Gift
Name of Person from Whom Acquired		Karen Seaberg

Is this a Gift?	<input type="checkbox"/> Date Donor Acquired	
Amount of Securities Acquired		363
Date of Payment		12/14/2018
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		12/18/2018
Nature of Acquisition Transaction		Gift

Name of Person from Whom Acquired

Is this a Gift? Date Donor Acquired

Amount of Securities Acquired

Date of Payment

Nature of Payment

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

Date you Acquired

Nature of Acquisition Transaction

Name of Person from Whom Acquired

Is this a Gift? Date Donor Acquired

Amount of Securities Acquired

Date of Payment

Nature of Payment

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

Date you Acquired

Nature of Acquisition Transaction

Name of Person from Whom Acquired

Is this a Gift? Date Donor Acquired

Amount of Securities Acquired

Date of Payment

Nature of Payment

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

Date you Acquired

Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Cloud L Cray Jr Family Trust
Is this a Gift?	<input type="checkbox"/> Date Donor Acquired
Amount of Securities Acquired	71
Date of Payment	07/30/2020
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	11/17/2020
Nature of Acquisition Transaction	Board Compensation
Name of Person from Whom Acquired	Issuer
Is this a Gift?	<input type="checkbox"/> Date Donor Acquired
Amount of Securities Acquired	7625
Date of Payment	11/17/2020
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	02/18/2021
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Laidacker Seaberg Revocable Trust
Is this a Gift?	<input type="checkbox"/> Date Donor Acquired
Amount of Securities Acquired	104993
Date of Payment	02/18/2021
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
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Date you Acquired	08/19/2021
Nature of Acquisition Transaction	Board Compensation
Name of Person from Whom Acquired	Issuer

Is this a Gift?	<input type="checkbox"/> Date Donor Acquired	
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Amount of Securities Acquired	2687
Date of Payment	08/19/2021
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	03/06/2023
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Karen Seaberg

Is this a Gift?	<input type="checkbox"/> Date Donor Acquired	
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Amount of Securities Acquired	2905
Date of Payment	03/06/2023
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	<input checked="" type="checkbox"/>
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144: Remarks and Signature

Remarks	
Date of Notice	05/22/2024

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