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		
the securities are to be sold but also as to a	(a) of Rule 144. Information is to be given not only as to the person for whose account ill other persons included in that definition. In addition, information shall be given as to red by paragraph (e) of Rule 144 to be aggregated with sales for the account of the		
Relationship to Issuer	Director		
144: Securities Information			
Title of the Class of Securities To Be Sold	Common		
Name and Address of the Broker	Raymond James & Associates 880 Carillon Parkway St. Petersburg FL 33716		
Number of Shares or Other Units To Be Sold	1284		
Aggregate Market Value	60027.00		
Number of Shares or Other Units Outstanding	21950862		
Approximate Date of Sale	11/25/2024		
Name the Securities Exchange	NASDAQ		

any part of the purchase price or other consider	deration therefor:		
144: Securities To Be Sol	ld		
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?	Date Donor Acquired		
Amount of Securities Acquired	34898		
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 Sol	ld		
Title of the Class	Common		
Date you Acquired	08/31/2017		
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	35654		
Date of Payment	08/31/2017		
Nature of Payment	N/A		
note thereto the nature of the consideration	ment therefor was not made in cash at the time given. If the consideration consisted of any not ment and state when the note or other obligation	e or other obligation, or if payment was	
Furnish the following information as to all se securities are to be sold.	curities of the issuer sold during the past 3 mor	oths by the person for whose account the	
144: Securities Sold During The Past 3 Months			
Nothing to Report			
144: Remarks and Signature			
Remarks			
Date of Notice	11/25/2024		

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

Maressia Rooks-Bailey, 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)