Innophos Holdings, Inc.

Form 4

April 01, 2014

FORM 4

Check this box

if no longer

Section 16.

Form 4 or

obligations

may continue.

Form 5

subject to

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

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

SECURITIES

30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(Print or Type Responses)

(Ctota)

1. Name and Address of Reporting Person * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading Thurston Mark Issuer Symbol Innophos Holdings, Inc. [IPHS] (Check all applicable) (Last) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) Director 10% Owner X_ Officer (give title __Other (specify 259 PROSPECT PLAINS ROAD 03/28/2014 below) below) VP (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting CRANBURY, NJ 08512 Person

(City)	(State) (Zip) Table	e I - Non-D	erivative	Secur	rities Acq	uired, Disposed of	f, or Beneficial	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactio Code (Instr. 8)	(Instr. 3,	ispose 4 and (A) or	d of (D) 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock	03/28/2014		Code V A	Amount 1,148 (1)	(D)	Price \$ 55.98	8,549	D	
Common Stock	03/28/2014		F	196 (2)	D	\$ 55.98	8,353	D	
Common Stock	04/01/2014		S(3)	1,034	D	\$ 57.1 (4)	7,319	D	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transacti Code (Instr. 8)	5. Number on Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
2014 Option to Purchase Common Stock	\$ 55.49	03/28/2014		A	3,312	<u>(5)</u>	03/28/2024	Common Stock	3,312

Reporting Owners

Reporting Owner Name / Address	Relationships					
reporting Owner Frame / Francess	Director	10% Owner	Officer	Other		
Thurston Mark 259 PROSPECT PLAINS ROAD			VP			
CRANBURY, NJ 08512						

Signatures

James A. Testa, Attorney 04/01/2014 in Fact

**Signature of Reporting Person Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- On March 28, 2014, these shares of restricted common stock were granted to the reporting person, to be held in escrow, subject to certain vesting and forfeiture provisions. The grant vests in three equal installments over a three year period beginning March 28, 2015. The second installment date is March 28, 2016, followed by the third installment date of March 28, 2017.
- (2) Represents the number of restricted shares granted in 2012/2013 withheld for tax purposes.
- (3) Transactions carried out by the reporting person pursuant to a plan established on August 15, 2013 under Rule 10b5-1 for the purpose, among others, of paying income taxes and diversifying investments.
- (4) Shares of Common Stock were sold at prices ranging from a low of \$57.00 to a high of \$57.26 for an average of \$57.10 per share.
- (5) The reporting person was granted options on March 28, 2014. Options vest in 3 equal annual installments beginning March 28, 2015.

Reporting Owners 2

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