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MGP INGRE	EDIENTS INC											
Form 4												
September 13	3, 2006											
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION									OMB APPROVAL			
	UNITED S	STATES		ATTIES A			NGE C	OMMISSION	OMB Number:	3235-0287		
Check this if no long	er STATEM	STATEMENT OF CHANGES IN BENEFICIAL OWN							Expires:	January 31, 2005		
Section 16.				SECURITIES					Estimated a burden hour	•		
Form 4 or Form 5	Form 4 or				a	· -		A (01024	response	0.5		
obligation							-	e Act of 1934,				
may conti	nue. Section 17(a			•	•	· ·		1935 or Sectior	1			
See Instru 1(b).	ction	30(II) (n me m	vestment	Compan	ly AC	1 01 194	0				
(Print or Type R	lesponses)											
RINDOM DAVID E Symbol				er Name and Ticker or Trading				5. Relationship of Reporting Person(s) to Issuer				
				NGREDIENTS INC [MGPI]				(Check all applicable)				
(Last) (First) (Middle) 3. Date of				Earliest Transaction			(Check an applicable)					
				Day/Year)				Director 10% Owner				
				-				XOfficer (give titleOther (specify below) below) Vice President				
	(Street)		4. If Ame	ndment, Da	ate Origina	1		6. Individual or Jo	int/Group Filin	g(Check		
			nth/Day/Year)				Applicable Line)					
ATCHISON	, KS 66002							_X_ Form filed by O Form filed by M Person				
(City)	(State)	(Zip)				~						
(0.03)	(5000)	(·P)	Tabl	e I - Non-I	Derivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned		
1.Title of	2. Transaction Date 2A. Deemed (Month/Day/Year) Execution Date, i			3. 4. Securities Acquired				5. Amount of	6. Ownership Form: Direct			
Security (Instr. 3)	(Month/Day/Year)	any	n Date, if Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5)					Securities Beneficially	(D) or	Beneficial		
(11501-5)	•		Day/Year) (Instr.					Owned Following	Indirect (I) (Instr. 4)	Ownership (Instr. 4)		
						(A)		Reported Transaction(s)				
				Code V	Amount	or (D)	Price	(Instr. 3 and 4)				
Common Stock	09/11/2006			F	5,040	D	\$ 24.09	23,642	D			

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control 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)	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transacti Code (Instr. 8)	5. of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3,			7. Titl Amou Under Secur (Instr.	ınt of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
			Code V	4, and 5)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

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Reporting Owners

Reporting Owner Name / Addr	ess	Relationships							
http://mg 0 miler i kind / i kund	Director	10% Owner	Officer	Other					
RINDOM DAVID E 1300 MAIN STREET P.O. BOX 130 ATCHISON, KS 66002			Vice President						
Signatures									
David E. Rindom	09/13/2006								
<u>**</u> 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.