

Vitamin Shoppe, Inc.
Form 4
May 17, 2012

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
ARCHBOLD MICHAEL G

2. Issuer Name and Ticker or Trading Symbol
Vitamin Shoppe, Inc. [VSI]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
2101 91ST STREET

(Street)

3. Date of Earliest Transaction (Month/Day/Year)
05/15/2012

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
President & COO

NORTH BERGEN, NJ 07047

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 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 Ownership (Instr. 4)
			Code	V	Amount (A) or (D) Price		
Common Stock ⁽¹⁾	05/15/2012		M		1,594 A \$ 12.79	60,864	D
Common Stock ⁽¹⁾	05/15/2012		S		1,594 D \$ 53.19	59,270	D
Common Stock ⁽¹⁾	05/15/2012		M		530 A \$ 12.79	59,800	D
Common Stock ⁽¹⁾	05/15/2012		S		530 D \$ 53.29	59,270	D
Common Stock ⁽¹⁾	05/16/2012		M		4,900 A \$ 12.79	64,170	D

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Common Stock ⁽¹⁾ 05/16/2012 S 4,900 D \$ 53.2 59,270 D

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

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(9-02)

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. Transaction Code (Instr. 8)	5. Number of 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)	8. Amount or Number of Shares
Employee Stock Option	\$ 12.79	05/15/2012		M	1,594	<u>(2)</u> 04/16/2017	Common Stock	1,594
Employee Stock Option	\$ 12.79	05/15/2012		M	530	<u>(2)</u> 04/16/2007	Common Stock	530
Employee Stock Option	\$ 12.79	05/16/2012		M	4,900	<u>(2)</u> 04/16/2007	Common Stock	4,900

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
ARCHBOLD MICHAEL G 2101 91ST STREET NORTH BERGEN, NJ 07047			President & COO	

Signatures

/s/ James M. Sander,
attorney-in-fact 05/17/2012

**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).

- (1) Includes 562 shares acquired at \$19.58 per share, 540 shares acquired at \$22.10 per share, 86 shares acquired at \$23.73 per share, 389 shares acquired at \$28.36 per share, 460 shares acquired at \$28.82 per share, 22 shares acquired at \$31.82 per share and 620 shares acquired at \$34.26 under the Vitamin Shoppe 2010 Employee Stock Purchase Plan on June 30, 2010, September 30, 2010, December 31, 2010, March 31, 2011, June 30, 2011, September 30, 2011 and March 31, 2012 respectively.
- (2) Options vest in four equal annual installments beginning on April 16, 2007.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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