

UNITED STATES HOUSE OF REPRESENTATIVES

Periodic Transaction Report

HAND DELIVERED

Page 1 of 1

NAME:

JOHN K. DELANEY

Member of the U.S. House of Representatives

OFFICE TELEPHONE:

202-225-2721

Officer or Employee

State: Maryland

District: 6th

Employing Office: _____

2013 APR 24 AM 11: 38
OFFICE OF THE CLERK
U.S. HOUSE OF REPRESENTATIVES

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A \$200 penalty shall be assessed against

anyone who files more than 30 days late

Did you purchase any shares that were allocated as a part of an
Initial Public Offering?

YES

NO

Date of Report being Amended: _____

Please indicate whether this is an initial report or an amended report. For
amendments, please provide the date of the report you are amending.

Initial Report

Amendment

(For Official Use Only)

| JT SP DC | Provide full name, not ticker symbol | AMOUNT OF TRANSACTION | | | | | | | | | | | | |
|--------------------------------|--------------------------------------|-----------------------|------|------------------------|-----------------------------|---|--------------------------------|---|---|---|---|---|---|---|
| | | PURCHASE | SALE | EXCHANGE (MM/DD/YY) | DATE OF TRANS- ACTION | DATE NOTIFIED OF TRANS- ACTION | A | B | C | D | E | F | G | H |
| 1997 Family Trust DTD 12/23/97 | | | | | | | \$1,000- \$15,000 | | | | | | | |
| Vitamin Shoppe Inc. - stock | | | | | | | \$15,001 - \$50,000 | | | | | | | |
| Vitamin Shoppe Inc. - stock | X | | | 04/10/13 | 04/10/13 | X | \$50,001 - \$100,000 | | | | | | | |
| | | | | | | | \$100,001 - \$250,000 | | | | | | | |
| | | | | | | | \$250,001 - \$500,000 | | | | | | | |
| | | | | | | | \$500,001 - \$1,000,000 | | | | | | | |
| | | | | | | | \$1,000,001 - \$5,000,000 | | | | | | | |
| | | | | | | | \$5,000,001 - \$25,000,000 | | | | | | | |
| | | | | | | | \$25,000,001 - \$50,000,000 | | | | | | | |
| | | | | | | | Over \$50,000,000 | | | | | | | |

(This page will be publicly disclosed.)