

Nutritional Holdings Limited

(Registration number: 2004/002282/06)

(Incorporated in the Republic of South Africa)

(Share Code: NUT ISIN Code: ZAE000156485)

("Nutritional Holdings" or "the Company")

Appointment of auditors, resignation of Financial Director and Company Secretary and delay in releasing financial results

1. Appointment of auditors

Shareholders are advised that HLB Certified Master Auditors (South Africa) Inc have been appointed as Nutritional Holdings's auditors with effect from 28 July 2020.

2. Resignation of Financial Director and Company Secretary

Shareholders are advised that Harry Monye has resigned as Financial Director with effect from 29 July 2020 and Eshcol Compliance (Pty) Ltd has resigned as Company Secretary with effect from 30 July 2020.

3. Delay in releasing financial results

Shareholders are advised that due to the above changes, the results for the year end 29 February 2020 will be delayed until the end of August 2020. Nutritional Holdings is in the process of appointing a new Financial Director and Company Secretary and shareholders will be updated accordingly.

Durban

31 July 2020

Designated Adviser

Exchange Sponsors