

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")

Trading update

In terms of paragraph 3.4 (b) of the JSE Limited ("JSE") Listings Requirements, companies are required to publish a trading statement as soon as a reasonable degree of certainty exists that the financial results for the period to be reported on will differ by at least 20% from the previous corresponding period.

A review by management of the financial results for the six months ended 31 August 2020 has indicated, with a reasonable degree of certainty, that:

- Headline earnings per share ("HEPS") and earnings per share ("EPS") of Nutritional Holdings is expected to be between 0.07 cents and 0.09 cents compared to that of the previous corresponding period which reported a negative EPS of 0.03 cents per share for the six months ended 31 August 2019. This equates to an increase in HEPS and EPS of more than 100% when compared to the previous reporting period.

The financial information on which this trading statement is based has not been reviewed or reported on by Nutritional Holdings's auditors. The Company's financial results for the six months ended 31 August 2020 are expected to be released by the middle of December 2020.

10 December 2020
Durban

Designated adviser
Exchange Sponsors