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")

Proposed disposal of subsidiary

Shareholders are advised that the board of directors passed a resolution on 9 February 2020 to disposal of Nutritional Foods Proprietary Limited ("Nutritional Foods"), a subsidiary of Nutritional Holdings due to non-performance.

The directors are actively marketing Nutritional Foods and are confident that the sale will be concluded within the required time frame.

Nutritional Foods has been disclosed as an asset held for sale as per the requirements of IFRS 5 and will no longer be a consolidated entity in terms of the accounting framework.

Shareholders will be kept up to date in this regard.

Durban 24 February 2021

Designated Adviser Exchange Sponsors