
Nutritional Holdings Limited
Incorporated in the Republic of South Africa
(Registration number 2004/002282/06)
Share code: NUT ISIN: ZAE000298568
(**"Nutritional Holdings"** or **"the Company"** or **"the Group"**)

QUARTERLY PROGRESS REPORT

In terms of paragraph 1.11(c) of the Listings Requirements of the JSE Limited (**"JSE"**) pertaining to the continuing obligations of suspended companies, shareholders are hereby provided with a quarterly progress report on the current state of affairs of the Company.

The focus of the board of directors of Nutritional Holdings (**"Board"**) is to lift the suspension instituted by the JSE on the Company's securities. The process is to expedite the audit of the Group swiftly and to attend to all outstanding matters with the JSE as a point of priority. The application for the lifting of the Company's suspension will happen in tandem with the release of the financial statements, which is projected to be on or about 31 October 2021.

The Board is currently restructuring the Group for better synergies between its subsidiaries with a trajectory of completing the process by 31 October 2021.

Due to significant changes in the leadership structure of the Group, it was deemed fit to appoint a new Company Secretary and Designated Advisor with effect from 1 September 2021 as detailed in the SENS announcement dated 2 September 2021.

Durban
30 September 2021

Designated Adviser
Merchantec Capital