



NUTRITIONAL HOLDINGS

NUTRITIONAL HOLDINGS LIMITED

(Registration number: 2004/002282/06)

(Incorporated in the Republic of South Africa)

(Share Code: NUT ISIN Code: ZAE000298568)

("the Company" or "the Group")

UPDATE OF PROVISIONAL LIQUIDATION APPLICATION AND RENEWAL OF CAUTIONARY ANNOUNCEMENT

Shareholders are referred to the previous SENS announcement dated 7 June 2022 wherein the Company learnt that a former shareholder and director had taken steps to apply for the liquidation of both Nutritional Foods Proprietary Limited ("NF"), a wholly owned subsidiary of the Company, as well the Company to recover a shareholder loan.

Shareholders are reminded that both matters went to Court and the NF matter was successfully postponed to July 2022.

The liquidation application was brought by former directors and shareholders and a different shareholder is in ongoing negotiations with the parties to withdraw the matter and settle any disputes in an amicable manner in the best interests of all stakeholders. The matter is expected back in Court in the coming week, unless it is withdrawn. A further announcement will be made in due course.

Accordingly, shareholders are reminded to continue to exercise caution when dealing in their securities.

By order of the Board

Durban

20 July 2022