



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 "Nutritional Holdings")

FURTHER UPDATE ANNOUNCEMENT REGARDING LIQUIDATION PROCEEDINGS AND CAUTIONARY ANNOUNCEMENT

Shareholders are referred to the previous SENS announcement dated 18 August 2022 regarding the opposition to granting of the final liquidation of the Company as well as the defence of the application for the provisional liquidation of Nutritional Foods Proprietary Limited ("NF") and are hereby advised that the Court has held the deferral of the liquidation and a Court date has been set for 20 January 2023.

In the interim, the Company intends to proceed with finalising the historical financial statements and audit thereof.

Shareholders are also advised that the termination of the listing remains under advanced consideration by the JSE. The Board and supporting shareholder/investors have lodged an appeal with the JSE to allow the Company to remain listed, which is considered to be in the best interest of all stakeholders.

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

By order of the Board
Durban

4 October 2022