

Nutritional Holdings Limited

(Registration number 2004/002282/06)

(Incorporated in the Republic of South Africa)

Share Code: NUT ISIN: ZAE000156485

("Nutritional Holdings" or "the Company")

CHANGES TO THE BOARD

RESIGNATION OF DIRECTORS

In accordance with paragraph 3.59(b) of the JSE Limited Listings Requirements, the board of directors of the Company ("**the Board**") wishes to advise that Mr G Wamback and Dr C Kapnias have resigned as non-executive directors of the Company with effect from 31 August 2018.

The Board would like to thank Mr Wamback and Dr Kapnias for their valuable contributions to the Company and wishes them well in their future endeavours.

APPOINTMENT OF DIRECTORS

In addition, the Board wishes to advise that Dr PJ Mokgothu and Ms PM Chabeli have been appointed as independent non-executive directors of the Company with effect from 31 August 2018.

Dr PJ Mokgothu is a qualified medical practitioner (MBCHB – Medunsa) and BSc (University of the North) currently engaged with the Platinum Health Clinics in the Bojanala District Municipality. Amongst his focus is the impact of nutrition on patients, students and miner's wellness and health.

Ms PM Chabeli is an agriculture professional with experience in food production and agro-processing and currently manages the Kgora Farmer training Center and Food security Centre. Ms Chabeli has a masters degree in agriculture (University of Limpopo, Turfloop Campus), BSc Agriculture (University of South Africa) and a Project Management certificate from the Academy of York, South Africa. Ms Chabeli is also a training facilitator in plant and animal production.

The Board welcomes Dr PJ Mokgothu and Ms PM Chabeli and looks forward to their contributions to the Company.

Durban
5 September 2018

Designated Adviser
PSG Capital



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