

Nutritional Holdings

(Registration number 2004/002282/06)

(Incorporated in the Republic of South Africa)

Share Code: NUT ISIN: ZAE000156485

("Nutritional Holdings" or "the Company")

DEALINGS IN SECURITIES BY A DIRECTOR

In compliance with paragraphs 3.63 to 3.74 of the Listings Requirements of the JSE Limited, the following information is disclosed:

DIRECTOR:	T Mokgatlha
COMPANY:	Nutritional Holdings Limited
STATUS:	Executive director
TYPE OF SECURITIES:	Shares
CLASS OF SECURITIES:	Ordinary
DATE OF TRANSACTION:	25 July 2017
NUMBER OF SECURITIES TRANSACTED:	23 000 000
CENTS PER SHARE:	2 cents
TOTAL RAND VALUE OF SECURITIES:	R460 000
NATURE OF TRANSACTION:	Disposal (on-market transaction)
NATURE AND EXTENT OF INTEREST IN THE TRANSACTION:	Direct, beneficial
CLEARANCE OBTAINED:	Yes

Durban

27 July 2017

Designated adviser: PSG Capital Proprietary Limited