

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")



DISCLOSURE OF ACQUISITION OF SECURITIES

In accordance with section 122(3)(b) of the Companies Act, No. 71 of 2008, as amended, and paragraph 3.83(b) of the JSE Limited Listings Requirements, shareholders are hereby advised that the Company has received formal notification in the prescribed form from Empire Cannabis Holding Limited, advising that it has acquired a beneficial interest in securities of the Company, such that the total of all beneficial interests held by it amounts to 66.94% of the Company's total issued ordinary share capital.

Similarly, shareholders are hereby advised that the Company has received formal notification in the prescribed form from Baphalane Ba Mantserre Investment Holdings Proprietary Limited, advising that it has disposed of a beneficial interest in securities of the Company, such that the total of all beneficial interests held by it amounts to 1.45% of the Company's total issued ordinary share capital.

Durban
28 October 2019

Designated Adviser
PSG Capital



PSG CAPITAL