

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")



RESIGNATION OF DIRECTOR AND COMPANY SECRETARY

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 T Pinfold has resigned as a non-executive director of the Company with effect from 30 September 2019.

In addition, the Board wishes to advise that Ms J Etchells has resigned as company secretary with effect from 31 October 2019.

The Board would like to thank Mr Pinfold and Ms Etchells for their valuable contributions to the Company and wishes them well in their future endeavours.

Durban
20 September 2019

Designated Adviser
PSG Capital



PSG CAPITAL