

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")

TRADING STATEMENT

In terms of the JSE Limited Listings Requirements, a listed company is required to publish a trading statement as soon as it becomes reasonably certain that the financial results for the next period to be reported on will differ by 20% or more from the financial results for the previous corresponding period.

The Company hereby advises that a reasonable degree of certainty exists that for the 6 month period ended 31 August 2018, loss per share and headline loss per share will be between 0.06 cents and 0.09 cents, representing a decrease of between 40.7% and 60.7% compared to the loss and headline loss per share of 0.16 cents reported for the 6 month period ended 31 August 2017.

The financial information on which this trading statement is based has not been reviewed or reported on by the auditor of the Company. The unaudited results for the 6 month period ended 31 August 2018 are expected to be published on or about 26th October 2018.

Durban
11th October 2018

Designated Adviser
PSG Capital



PSG CAPITAL