

Nutritional Holdings Limited

(Registration number: 2004/002282/06)

(Incorporated in the Republic of South Africa)

(Share Code: NUT ISIN Code: ZAE000156485)

(“**Nutritional Holdings**” or “**the Company**”)

Change in Board of directors

Shareholders are advised that Thabo Mokgatlha has stepped down as Chairman of the company with immediate effect but will remain on the board as non-executive director.

Abdullah Khalfan Nasser has been appointed as Chairman.

The Board has also appointed Thuli Mashaba as an Non -Executive Director. Thuli is a businesswoman who has experience in the Medicinal Cannabis/Hemp cultivation industry. Thuli is the Deputy Secretary General of the Cannabis Council of South Africa. She is also an authority on Cannabis development and has been instrumental in the drafting of the cannabis legislation in Africa. Thuli has been involved in the development of Cannabis and the export in Africa.

Durban

7 August 2020

Designated Adviser

Exchange Sponsors