

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

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 Robert Etchells, will resign as Chief Executive Officer as well as executive director of the Company with effect from 31 October 2019, to pursue personal business ventures.

The Board has commenced a process of identifying a suitable replacement and shareholders will be advised as soon as such appointment has been made.

The Board would like to thank Mr Etchells for his valuable contribution to the Company and wishes him well in his future endeavours.

Durban
1 October 2019

Designated Adviser
PSG Capital

