

NUTRITIONAL HOLDINGS LIMITED  
(Incorporated in the Republic of South Africa)  
(Registration Number 2004/002282/06)  
Share code: NUT ISIN: ZAE000156485  
("NUT" OR "THE COMPANY")

CAUTIONARY ANNOUNCEMENT

Shareholders are advised that the Company has engaged with Ontario Private Equity Proprietary Limited ("Ontario") with a view to reverse listing certain companies within Ontario'S portfolio into NUT. Management have undertaken to commence with due diligence investigations and will report back to shareholders in due course.

These discussions if successfully concluded may have a material effect on the price of the Company's securities.

Accordingly, shareholders are advised to exercise caution when dealing in the Company's securities until a further announcement is made.

30 August 2016  
Umhlanga

Designated Advisor  
PSG Capital