

**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")

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**APPOINTMENT OF DIRECTOR**

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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 Mangope Matthews Suping has been appointed as a non-executive director of the Company with immediate effect.

Mr Suping (B Proc: University of North West) is currently the head of legal and corporate for the Baphalane Ba Mantserre Investment Holdings (Pty) Ltd. He is involved in commercial law in general, and specifically in Information Communication and Technology Law ("ICT Law"), focusing largely on policy and regulatory issues.

The Board welcomes Mr Suping and looks forward to his contribution to the Company.

Durban

9 May 2019

Designated Adviser

PSG Capital



PSG CAPITAL