

**NUTRITIONAL HOLDINGS LIMITED**

(Incorporated in the Republic of South Africa)

(Registration Number 2004/002282/06)

Share code: NUT

ISIN: ZAE000156485

("NUT" OR "the Company")

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**DEALING IN SECURITIES BY ASSOCIATE OF A DIRECTOR**

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In compliance with rules 3.63 to 3.74 of the JSE Limited Listings Requirements, the following information is disclosed:

Name of Director:	T Mokgatha
Status:	Non executive director
Company:	Nutritional Holdings Limited
Type of Securities:	Ordinary Shares
Date of Transaction:	31 August 2018
Price Per Share:	R0.001
Number of Securities Transacted:	1 190 682 080
Total Rand Value of Securities:	R1 190 682.08
Nature of Transaction:	Acquisition of shares by an associate of a Director (Followed rights offer rights)
Name of Associate:	Philisani Proprietary Limited
Relationship with the Director:	Director and shareholder of the company
Nature and Extent of Director's Interest in the Transaction:	Indirect Beneficial
Confirmation That Clearance Has Been Given In Terms Of Paragraph 3.66:	Yes

Durban  
3 September 2018

Designated Advisor  
PSG Capital



PSG CAPITAL