

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

GENERAL ISSUE OF SHARES FOR CASH AND RENEWAL OF CAUTIONARY
ANNOUNCEMENT

Shareholders are advised that the Company has issued 200 000 000 ordinary NUT shares to Ontario Private Equity Proprietary Limited ("Ontario") at an issue price of 2 cents per share for a total consideration of R4 million ("the Subscription"), being a premium of 75% to the 30 day VWAP calculated on 16 September 2016, being the date prior to the date that the parties entered into the Subscription agreement.

The Subscription is in terms of a general authority to issue shares for cash which approval was granted by NUT shareholders at the Company's annual general meeting on 3 July 2015, and constitutes 5.72% of the number of equity securities in issue prior to the Subscription.

The proceeds of the Subscription will be used to partially repay debt and the balance to provide working capital to the company and its operating subsidiaries.

RENEWAL OF CAUTIONARY ANNOUNCEMENT

Shareholders are referred to the cautionary announcement released on SENS on 30 August 2016 and are advised that the Company is still in discussions with Ontario with a view to reverse listing certain companies within Ontario's portfolio into NUT.

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

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

30 September 2016
Umhlanga

Corporate Advisor and Designated Advisor
PSG Capital