

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

#### NO CHANGE STATEMENT

Shareholders are hereby advised that NUT's annual report, containing the audited group financial statements for the year ended 29 February 2016, was distributed to shareholders today, and contains no modifications to the audited results which were announced on SENS on 24 May 2016. The annual report is also available at [www.nholdings.co.za](http://www.nholdings.co.za).

#### NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that the annual general meeting of NUT will be held at 5 Sneezewood Lane, Glen Anil, Durban, on Friday, 30 September 2016 at 10h00 to transact the business as set out in the notice of the annual general meeting on pages 70 to 76 of the annual report.

The date on which shareholders must be recorded as such in the share register to be eligible to vote at the annual general meeting is Friday, 23 September 2016, with the last day to trade being Tuesday, 20 September 2016.

16 August 2016  
Umhlanga

Designated Advisor  
PSG Capital