

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")

UPDATED TRADING STATEMENT

In terms of the JSE Limited Listings Requirements, a listed company is required to publish a trading statement as soon as it becomes reasonably certain that the financial results for the next period to be reported on will differ by 20% or more from the financial results for the previous corresponding period.

Further to the trading statement released on SENS on 2 April 2019, the Company hereby advises shareholders that for the year ended 28 February 2019, the loss per share is expected to be between 0.03 cents per share and 0.10 cents per share, representing a decrease in the loss per share of between 73% and 93% compared to the loss per share of 0.38 cents reported for the year ended 28 February 2018.

Headline loss per share for the year ended 28 February 2019 is expected to be between 0.03 cents per share and 0.10 cents per share, representing a decrease in the headline loss per share of between 69% and 89% compared to the headline loss per share of 0.31 cents reported for the year ended 28 February 2018.

The financial information on which this trading statement is based has not been reviewed or reported on by the auditor of the Company. The results for the year ended 28 February 2019 are expected to be published on or about 31 May 2019.

Durban
16 May 2019

Designated Adviser
PSG Capital



PSG CAPITAL