

Appendix 3X

Initial Director's Interest Notice

Information or documents not available now must be given to ASX as soon as available. Information and documents given to ASX become ASX's property and may be made public.

Introduced 30/9/2001.

Name of entity	Nutritional Growth Solutions Ltd
ABN	642 861 774

We (the entity) give ASX the following information under listing rule 3.19A.1 and as agent for the director for the purposes of section 205G of the Corporations Act.

Name of Director	Mr Peter Osborne
Date of appointment	31 August 2022

Part 1 - Director's relevant interests in securities of which the director is the registered holder

In the case of a trust, this includes interests in the trust made available by the responsible entity of the trust

Note: In the case of a company, interests which come within paragraph (i) of the definition of "notifiable interest of a director" should be disclosed in this part.

Number & class of securities
Nil

+ See chapter 19 for defined terms.

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Part 2 – Director's relevant interests in securities of which the director is not the registered holder

In the case of a trust, this includes interests in the trust made available by the responsible entity of the trust

Name of holder & nature of interest	Number & class of Securities
Note: Provide details of the circumstances giving rise to the relevant interest.	
Nil	

Part 3 – Director's interests in contracts

Note: In the case of a company, interests which come within paragraph (ii) of the definition of "notifiable interest of a director" should be disclosed in this part.

Detail of contract	Application to participate in the placement announced to the market on 22 August 2022 (Placement) for consideration equal to AU\$20,000
Nature of interest	Subject to shareholder approval, the securities will be issued to, and therefore held by or on behalf of, Mr Osborne
Name of registered holder (if issued securities)	N/A
No. and class of securities to which interest relates	Pursuant to and in accordance with the terms of the Placement: <ol style="list-style-type: none">166,667 fully paid ordinary shares to be issued at \$0.12 per share (ASX:NGS);andlisted options to be issued on a 2:1 basis, each exercisable at A\$0.27 cents with an expiry of 19 November 2023 (ASX:NGSO)

+ See chapter 19 for defined terms.