

Appendix 3Y

Change of 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 becomes ASX's property and may be made public.

Introduced 30/09/01 Amended 01/01/11

Name of entity	Nutritional Growth Solutions Ltd
ARBN	642 861 774

We (the entity) give ASX the following information under listing rule 3.19A.2 and as agent for the director for the purposes of section 205G of the Corporations Act.

Name of director	Dave Fenlon
Date of last notice	21 November 2022

Part 1 - Change of director's relevant interests in securities

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.

Direct or indirect interest	Direct
Nature of indirect interest (including registered holder)	N/A
Date of change	20 December 2022
No. of securities held prior to change	250,000 fully paid ordinary shares 125,000 Listed Options 5,000,000 unlisted options exercisable at A\$0.27 expiring 28/2/2027
Class	Fully paid ordinary shares
Number acquired	330,000 fully paid ordinary shares
Number disposed	NIL
Value/Consideration	\$19,800.00
No. of securities held after change	580,000 fully paid ordinary shares 125,000 Listed Options 5,000,000 unlisted options exercisable at A\$0.27 expiring 28/2/2027
Nature of change	On market trade.

Part 2 - Change of director's relevant 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	N/A
Nature of interest	N/A
Name of registered holder (if issued securities)	N/A

⁺ See [chapter 19](#) for defined terms.

Date of change	N/A
No. and class of securities to which interest related prior to change	N/A
Interest acquired	N/A
Interest disposed	N/A
Value/Consideration	N/A
Interest after change	N/A

Part 3 - ⁺Closed period

Were the interests in the securities or contracts detailed above traded during a ⁺closed period where prior written clearance was required?	No
If so, was prior written clearance provided to allow the trade to proceed during this period?	N/A
If prior written clearance was provided, on what date was this provided?	N/A

⁺ See [chapter 19](#) for defined terms.