

## CHAIR HOLDINGS – APPENDIX 3Y

**Nutritional Growth Solutions Limited (ASX: NGS) ("NGS" or "the Company")** advises that the attached Appendix 3Y – Change of Director's Interest Notice is being lodged outside the timeframe prescribed by ASX Listing Rule 3.19A.

Following his appointment as Chair, announced on 24 March 2026, Andrew Grover, in the interests of good corporate governance and transparency, has chosen to include shares that are exclusively controlled by his spouse, subscribed for before he became a director and issued on 24 December 2025. Mr Grover has no relevant interest as he does not control the voting or disposal of those shares. However, the attached Appendix 3Y is consistent with his disclosure of interests for another listed company on which he is a director and addresses any perceived interest that investors may consider he has in the Company's shares.

The Board takes its continuous disclosure obligations seriously and acknowledges the importance of strict compliance with Listing Rules 3.19A and 3.19B. This instance does not reflect a systemic issue but was determined in the interest of good corporate governance following Mr Grover's appointment as Chair.

The Board is satisfied that its governance practices are adequate to meet the Company's ongoing compliance obligations.

This announcement has been authorised for release by the Board.

For further information, please contact:

Andrew Grover

**Chair**

andrew@ngsolutions.co

### **About Nutritional Growth Solutions**

Nutritional Growth Solutions is a U.S. based health, nutrition, and wellness company. NGS develops, produces and sells clinically tested nutritional supplement formulas for children following 20 years of medical research into pediatric nutrition. The nutritional supplements market has experienced tremendous growth in recent years, but most attention has been focused on adult users and children under three years of age. The three-to twelve-year-old consumers represent a larger

market opportunity, and NGS is highly differentiated from its competitors with clinically tested products and an expanding product portfolio to capture this market opportunity.

<https://healthyheights.com> | <https://ngsolutions.co>

**For more information visit:** <https://ngsolutions.co/investor-centre/>

# 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 become ASX's property and may be made public.*

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

<b>Name of entity</b>	Nutritional Growth Solutions Ltd
<b>ARBN</b>	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.

<b>Name of Director</b>	Andrew Grover
<b>Date of last notice</b>	18 November 2025

### 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.

<b>Direct or indirect interest</b>	This notice details the change in the direct holding of A22 Pty Limited, a company wholly owned and controlled by Robyn Brockhurst, whose spouse is Andrew Grover. Mr Grover has no relevant interest in the shares held by A22 Pty Limited, and this disclosure is made in the interest of good corporate governance.
<b>Nature of indirect interest (including registered holder)</b> <small>Note: Provide details of the circumstances giving rise to the relevant interest.</small>	N/A
<b>Date of change</b>	24 December 2025
<b>No. of securities held prior to change</b>	Nil
<b>Class</b>	Ordinary class shares
<b>Number acquired</b>	20,500,000
<b>Number disposed</b>	Nil

+ See chapter 19 for defined terms.

## Appendix 3Y

### Change of Director's Interest Notice

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<b>Value/Consideration</b> Note: If consideration is non-cash, provide details and estimated valuation	\$410,000
<b>No. of securities held after change</b>	20,500,000 ordinary class shares
<b>Nature of change</b> Example: on-market trade, off-market trade, exercise of options, issue of securities under dividend reinvestment plan, participation in buy-back	Issue of shares pursuant to shareholder approval at the General Meeting held on 23 December 2025.

#### Part 2 – Change of 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.

<b>Detail of contract</b>	N/A
<b>Nature of interest</b>	N/A
<b>Name of registered holder (if issued securities)</b>	N/A
<b>Date of change</b>	N/A
<b>No. and class of securities to which interest related prior to change</b> Note: Details are only required for a contract in relation to which the interest has changed	N/A
<b>Interest acquired</b>	N/A
<b>Interest disposed</b>	N/A
<b>Value/Consideration</b> Note: If consideration is non-cash, provide details and an estimated valuation	N/A
<b>Interest after change</b>	N/A

#### Part 3 – +Closed period

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

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