Rule 3.19A.2

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

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	Mr Andrew Grover
Date of last notice	10 April 2026

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	Indirect
Nature of indirect interest (including registered holder) Note: Provide details of the circumstances giving rise to the relevant interest.	A22 Pty Ltd, is 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 Ltd, and the disclosure is made in the interest of good corporate governance.
Date of change	4 September 2026
No. of securities held prior to change	Indirect 20,500,000 ordinary class shares
Class	1. Ordinary class shares 2. Ordinary class shares 3. Options exercisable at $0.025 expiring 4 September 2029 4. Options exercisable at $0.04 expiring 4 September 2029

Number acquired (direct)	1. 2,240,000 ordinary class shares 2. 4,480,000 ordinary class shares 3. 20,000,000 options exercisable at $0.025 expiring 4 September 2029 4. 10,000,000 options exercisable at $0.04 expiring 4 September 2029
Number disposed	Nil
Value/Consideration Note: If consideration is non-cash, provide details and estimated valuation	1. Non-cash consideration. Estimated value of $44,800, calculated in accordance with clause 14.4 of the explanatory statement accompanying the AGM Notice of Meeting released on 2 July 2026. 2. Non-cash consideration. Estimated value of $89,600, calculated in accordance with clause 15.4 of the explanatory statement accompanying the AGM Notice of Meeting released on 2 July 2026. 3. Non-cash consideration. $248,000, being the value of 20,000,000 Class A incentive options exercisable at $0.025 expiring 4 September 2029 calculated in accordance with clause 16.4 and schedule 5 of the explanatory statement accompanying the AGM Notice of Meeting released on 2 July 2026. 4. Non-cash consideration. $106,000, being the value of 10,000,000 Class B incentive options exercisable at $0.04 expiring 4 September 2029 calculated in accordance with clause 17.4 and schedule 5 of the explanatory statement accompanying the AGM Notice of Meeting released on 2 July 2026.
No. of securities held after change	Indirect 27,220,000 ordinary class shares 20,000,000 options exercisable at $0.025 expiring 4 September 2029 10,000,000 options exercisable at $0.04 expiring 4 September 2029

+ See chapter 19 for defined terms.

Nature of change Example: on-market trade, off-market trade, exercise of options, issue of securities under dividend reinvestment plan, participation in buy-back	1. Issue of Shares in lieu of fees, pursuant to the passing of Resolution 12 at the Annual General Meeting held on 10 August 2026. 2. Issue of Shares in lieu of fees, pursuant to the passing of Resolution 13 at the Annual General Meeting held on 10 August 2026. 3. Issue of Class A incentive options, pursuant to the passing of Resolution 15 at the Annual General Meeting held on 10 August 2026. 4. Issue of Class B incentive options, pursuant to the passing of Resolution 17 at the Annual General Meeting held on 10 August 2026.

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.

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

+ See chapter 19 for defined terms.

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.