

ASX Announcement**9 October 2019****ROTI CANAI AND CHAPPATI FLATBREADS DEVELOPED IN MALAYSIA RECEIVE COVETED LOW-GI VALIDATION FROM UNIVERSITY OF SYDNEY**

- **Products to be launched in Malaysia and the United States by end 2019**
- **This range expected to contribute up \$1.2 million in 2020 to Holista**
- **Holista and Kawan Food to work with Australia's Glycemic Index Foundation**

PERTH/KUALA LUMPUR, 9 OCTOBER 2019 – Two flatbreads co-developed by ASX-listed Holista CollTech (“Holista”, ASX:HCT) and Bursa-listed Kawan Food, have received scientific validation from the University of Sydney which showed Glycemic Index (“GI”) readings that are significantly lower than products currently sold.

Holista said today that the Sydney University Glycemic Index Research Service (SUGiRS) had tested the flour-based products which showed a reading of 50 for *chappati* – an Indian staple – and 53 for *paratha*, a famous Malaysian flatbread which is also known as *roti canai*.

Holista, which specialises in breakthrough low-GI innovative formulas and products, has used its proprietary mix GI Lite™ to produce low-GI flatbreads in partnership with Kawan Food, Malaysia’s largest manufacturer and leading exporter of frozen Asian delicacies worldwide.

Since the strategic partnership in January 2019, Holista has shipped a maiden order of GI Lite™ worth A\$74,500 (RM210,000) to Kawan Food as part of the former’s first-year sales of A\$1.2 million (RM3.43 million). Both low-GI flatbreads are expected to launch in Malaysia in November 2019 and the United States in December 2019.

Malaysia, ranked as Asia’s most obese nation, has a rising incidence of diabetes primarily caused by diet. Most Malaysian flatbreads currently have GI readings of about 70. With GI Lite™, the GI reading has been reduced by 25% to 30% as per the SUGiRS tests.

GI Lite™ is a clean label blend of okra, barley, lentils and fenugreek. It does not affect taste, mouthfeel or food production methods. When mixed with white flour, it lowers the GI reading of the final product without compromising taste or texture.

GI is a measure in which food products are ranked between 0-100 according to their impact on the blood sugar levels. The lower the GI, the more time does it take to digest and absorb the glucose, the higher the GI, the faster it digests and thus spikes up the blood sugar levels, causing diabetes.

Dato’ Dr Rajen Manicka, Managing Director and CEO of Holista, said, “We are pleased to have received the international low-GI status for our low-GI flatbreads from the University of Sydney. With this validation, we expect to expand our sales internationally. We are already in talks with Kawan to enter other Asian countries and beyond.”

Commenting on this Timothy Tan, Managing Director of Kawan Food, said, “This validation will act as a gateway to enter other international markets that have stringent rules relating to low-GI products.”

END OF PRESS RELEASE

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About Holista CollTech Ltd

Holista CollTech Ltd (“Holista”) is a research-driven biotech company, the result of a merger between Holista Biotech Sdn Bhd and CollTech Australia Ltd. Headquartered in Perth and with extensive operations in Malaysia, the company is dedicated to delivering first-class natural ingredients and wellness products globally. Holista is a leader in ingredients for the making of healthier food.

Listed on the Australian Securities Exchange (“ASX”), Holista researches, develops, manufactures and markets “health-style” products to address the unmet and evolving needs of natural medicine. Holista’s suite of ingredients, among other things, includes low-GI baked products, reduced-sodium salts, low-fat fried foods and low calories sugar without compromising taste, odour and mouthfeel. Holista remains the only company to produce sheep (ovine) collagen using patented extraction methods.

For more information, please refer to <http://www.holistaco.com>