

29 July 2016

SUTHERLAND HEALTH GROUP PLC
("Sutherland Health Group" or "the Company")

RESULT OF GENERAL MEETING AND TRADING UPDATE

The Board of Sutherland Health Group, a national supplier of personal care, patient hygiene, sexual health and gynaecology products to customers including the National Health Service ("NHS") announces the result of the General Meeting and a brief trading update to its shareholders. Copies of the release will be available at www.sutherlandhealth.com.

Result of General Meeting

The General Meeting was held at the Head Office of the Company on Thursday 28th July 2016 at 10.00am

Both special resolutions were approved and the results of the votes were as follows:

Resolution 1 100% voted FOR

Resolution 2 100 % voted FOR

The outcome of the General Meeting is that the Company will re-register as a private limited company and conditional on the re-registration becoming effective new articles of association of the Company will be adopted in substitution for the existing articles of association.

Trading Update

The Board are pleased at the support given by the Company's shareholders for the proposed changes and are continuing to make positive steps to reduce ongoing costs within the operation.

In the period April 2016 to June 2016, unaudited management accounts show that the company is showing sales growth of 2.9% versus the same period last year and most importantly has seen losses reduce significantly to just £257 compared to a loss of £24,837 in the same period last year.

Whilst trading within the NHS continues to be difficult the Company's strategy of building an on-line presence and gaining additional sales in export markets are showing excellent traction.

In addition to showing strong sales growth with Amazon, the Company has invested in its own Online shop at <http://shop.sutherlandhealth.com> that has launched this month giving our customers another channel to purchase products directly. We have also established an online store on E-Bay and have received to date orders from 584 new customers.

In terms of Export we are pleased to say we have received our first order from a distributor in Croatia, and after many months of preparatory work we are now an approved supplier and have received initial orders from Medicin sans Frontier the internationally known NGO.

The Board continue to look at ways to further reduce administrative costs which will benefit the Company going forward whilst driving sales in its existing and new markets.

The Directors of the Issuer accept responsibility for this announcement

Enquiries:

Sutherland Health Group Plc

John French, Chairman
T: 07836 722482

George Sutherland, Chief Executive
T: + 44 1635 874488

Notes to Editors:

Sutherland Health Group Plc is a national supplier of personal care; patient hygiene, sexual health and diagnostic products to the UK National Health Service (NHS) and other UK customers. Its aim is to supply innovative solutions to current health issues by studying current trends and working alongside leading professionals who also work within the health sector.

The company is committed to developing and marketing high quality brands and products that will benefit health professionals and consumers alike in many areas of health. The Group has established its own brands: Condomania® Condoms; Sutherland® Patient Hygiene and Personal Care; Lubricating Jelly; and Vision® pregnancy and gynaecology diagnostics. These products have already become established within the NHS business.

The Group is ISO and MHRA registered, and at present principally manufactures and operates within the United Kingdom.

The Company's shares are traded on the Asset Match Private Market www.assetmatch.com.

For further information on the Company visit www.sutherlandhealth.com.

[END]