



19 January 2026

RAPID NUTRITION PLC
Company number 07905640
("Company")

Consolidation of Shares

Rapid Nutrition PLC (Euronext: [ALRPD](#)) announces that, following approval by shareholders at the Company's General Meeting held on 23 October 2025, the Board has resolved to implement the consolidation of the Company's issued ordinary share capital ("**Consolidation**"), at a ratio of a thousand to one ("**Consolidation Ratio**"), with the timetable as detailed below:

Share Consolidation

The Company currently has 474,934,000 ordinary shares in issue of £0.0001 each ("**Existing Ordinary Shares**").

The share consolidation will be implemented on the basis that every 1,000 Existing Ordinary Shares will be consolidated into 1 new ordinary share of £0.10 ("**New Ordinary Share**").

In order to ensure that the total number of Existing Ordinary Shares is a multiple of 1,000, Simon St Ledger subscribed for 33 Existing Ordinary Shares for nominal value on 15 January 2026 (the "**Balancing Ordinary Shares**"). The value of the Balancing Ordinary Shares will pass to the Company as part of the consolidation as set out below under Fractional Entitlements and Simon St Ledger will receive no value as a result of the Balancing Ordinary Shares.

If the Company issues any additional Existing Ordinary Shares between the date of this announcement and the Record Date, further Existing Ordinary Shares may be issued to ensure that the Company's ordinary share capital immediately prior to the Consolidation is exactly divisible by 1,000.

Key Statistics

Number of Existing Ordinary Shares of £0.0001 in issue - 474,934,000

Number of New Ordinary Shares of £0.10 in issue following the Consolidation— 474,934

ISIN code for the Existing Ordinary Shares - GB00BM9PTW47

ISIN code for the New Ordinary Shares – GB00BVVK7R18 ("**New ISIN**")

Timetable

The Consolidation of the Existing Ordinary Shares will become effective at 7:00 am (UK time) on 23 January 2026 (the “**Effective Time**”). The key dates relating to the Consolidation are set out in the table below.

Event	Date
Record Date and Time for Consolidation	6:00 pm (UK Time) on 22 January 2026.
Effective Time for the Consolidation	7:00am (UK Time) on 23 January 2026.
Admission of the New Ordinary Shares	8.00 am (UK Time) on 23 January 2026
CREST accounts enabled for trading in New Ordinary Shares	On or soon after 8.00 am (UK Time) on 23 January 2026
Certificates representing the New Ordinary Shares posted to shareholders	Not later than 6 February 2026

**For holders settling through Euroclear France, settlement of the New Ordinary Shares is expected to occur on 27 January 2026, in accordance with the Euronext Growth Paris settlement timetable. This does not affect the Record Date or Effective Time as applied in CREST.*

Following the Consolidation, all mandates and other instructions, including communication preferences given to the Company by shareholders and in force at the Record Date shall, unless and until revoked, be deemed to be valid and effective mandates or instructions in relation to the New Ordinary Shares.

The New Ordinary Shares will be listed on Euronext Growth Paris and credited in CREST against the New ISIN.

Voting Rights

The New Ordinary Shares will retain the same rights and be subject to the same restrictions (save as to nominal value) as the Existing Ordinary Shares in the capital of the Company, as set out in the Company’s articles of association in force on the Record Date. The Company intends to adopt new articles of association detailing the nominal value of the New Ordinary Shares at the Company’s next AGM.

Resulting issued share capital

The issued share capital of the Company immediately following the Consolidation will remain at £27,873,779.55, comprising the following:

- 474,934 New Ordinary Shares of £0.10 each
- 23,265,104 Deferred shares of £0.99 each
- 4,785,474 Deferred shares of £0.099 each
- 435,935,792 Deferred shares of £0.0099 each

(together the “**Shares**”)

All the rights and restrictions attached to the Shares remain unchanged, as set out in the Company’s articles of association in force on the Record Date.

Fractional Entitlements

Most shareholders will not, at the Record Date, hold a number of Existing Ordinary Shares that are exactly divisible by the Consolidation Ratio. Therefore, fractional entitlements to New Ordinary Shares may arise as a result of the Consolidation.

Any holding of Existing Ordinary Shares in the Company which is not exactly divisible by the Consolidation Ratio will result in the number of entitlements to New Ordinary Shares to be received being rounded down to the nearest whole number.

Any such fractions will be aggregated and credited to the account held in the name of the Company as treasury shares.

For further information, please visit <http://www.fr.rnplc.com> or contact: ir@rnplc.com

About Rapid Nutrition

Rapid Nutrition is a global HealthTech company dedicated to advancing wellness through evidence-based, personalized nutrition solutions. Leveraging advanced technologies, AI, and scientific research, the company is committed to optimizing nutrition, improving health outcomes, and fostering sustainable, healthier lifestyles worldwide.