



**Freedom Nutritional Products Limited**

ABN 41002 814 235

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10 December 2009

Company Announcements Office  
ASX Limited  
Level 4, 20 Bridge Street  
Sydney NSW 2000

**Freedom Nutritional Products Limited (FNP) – Despatch of holding statements**

Freedom Nutritional Products Limited (ASX Code: FNP) advises that, pursuant to FNP's non-renounceable Entitlement Offer which closed on 4 December 2009, the allotment and quotation of 20,730,430 New Shares, and the despatch of holding statements in relation to those shares, took place today. The total issued capital of the company following allotment is 75,390,700 ordinary shares. A list of the 20 largest holders of this class of security and the percentage held by each is attached.

Ordinary trading of these shares is expected to commence on Friday 11 December 2009.

Yours faithfully

**Mark Gilio**  
**Company Secretary**

<b>Freedom Nutritional Products Limited</b>		
<b>Fully Paid Ordinary Shares</b>		
<b>Top 20 Holdings as at 10-12-2009</b>		
<b>Holder Name</b>	<b>Balance at 10-12-2009</b>	<b>%</b>
ARROVEST PTY LTD	51,164,454	67.866
TELUNAPA PTY LTD <TELUNAPA CAPITAL A/C>	12,750,000	16.912
NATIONAL NOMINEES LIMITED	1,059,903	1.406
EAST COAST RURAL HOLDINGS PTY LIMITED	699,220	0.927
MR PERRY RICHARD GUNNER & MRS FELICITY JANE GUNNER <PERRY GUNNER SUPERFUND A/C>	510,732	0.677
MR STEPHEN FRANCIS HIGGS & MRS ROSEMARY JEAN HIGGS <S F HIGGS FAMILY S/F A/C>	434,615	0.576
MR LAWRENCE LIP & MRS SABINA LIP	308,339	0.409
MR TERENCE EDWARD MORRIS	274,910	0.365
MR LAWRENCE ROSE & MRS JENNIFER ROSE <ROSE EXECUTIVE S/F A/C>	259,184	0.344
MR MELVYN MILES & MRS JOANNA MILES <MILES SUPER FUND A/C>	206,667	0.274
MR ROBERT JOHN PERRY & MRS JENNIFER JOY PERRY	200,000	0.265
ANISAM PTY LIMITED	192,308	0.255
ECONOMIC CONSULTANCY SERVICES PTY LTD <KUMAR ACCOUNT>	192,308	0.255
MOOREBANK PROPERTY MANAGEMENT PTY LTD <K PALONIS PROV FUND A/C>	185,770	0.246
CEBOURN PARTNERS PTY LTD <SEGOVIA INVESTMENT A/C>	182,775	0.242
GOLDACRE INVESTMENTS PTY LTD <GOLDACRE SUPER FUND A/C>	176,194	0.234
SYMSPUR PTY LTD	167,538	0.222
GALLIUM PTY LIMITED	162,180	0.215
MR GRAHAME KELLY & MRS CHERYL KELLY <G & C KELLY SUPER FUND A/C>	149,655	0.199
MR CHRISTOPHER TUCKWELL & MRS LOIS TUCKWELL <CRT SUPER FUND A/C>	141,667	0.188
	69,418,419	92.078
<b>Total IC</b>	<b>75,390,700</b>	