

HOLLAND & BARRETT REORGANISES EXECUTIVE LEADERSHIP TO PURSUE TRANSFORMATIONAL GROWTH STRATEGIES

- Peter Aldis steps down after 10 years as Chief Executive**
- Steve Carson promoted to Group Managing Director**
- John Walden to assume Executive Chairmanship**

Nuneaton, UK, March 4, 2018: Holland & Barrett International Limited ("Holland & Barrett") today announces that Peter Aldis has stepped down after 10 years as CEO. As part of an orderly succession, Steve Carson has been appointed as Group Managing Director and will be the senior operating leader of Holland & Barrett, while John Walden will undertake expanded responsibilities as Executive Chairman.

Peter has had a long and successful career at Holland & Barrett, spanning over 29 years. During his tenure as CEO, the Company has become a leader in product innovation, launched Holland & Barrett's clean beauty offering, expanded its international presence and achieved 39 consecutive quarters of like-for-like growth. Although his departure is with immediate effect, Peter will remain an advisor to the management team to ensure a successful transition.

Peter Aldis said: "I am immensely proud of Holland & Barrett and of what we have achieved these past 10 years, most importantly helping our customers live a happier and healthier life. I am also pleased to be leaving the business in a strong position for the future and in the very capable hands of John Walden and Steve Carson who will take it on to the next level."

Holland & Barrett continues to perform well in the growing health and wellness retail market. Upon this strong foundation, the Company recently completed development of an ambitious long-term strategic plan to build digital and retail excellence, including new capabilities to meet its customers' expanding health and wellness needs in an increasingly digitally dominated future.

John Walden, Chairman of the Holland & Barrett board of directors, will undertake an expanded role as Executive Chairman supported by Carson and the Holland & Barrett executive team, and will more directly drive the company's ambitious strategic agenda. He has been Chairman of Holland & Barrett since October 2018, and non-executive director since August 2017.

Steve Carson has been Holland & Barrett's Managing Director for UK and Ireland since April, 2018, where he has had principal leadership responsibility for Holland & Barrett's largest business market. He is formerly director of retail and customer operations at Sainsbury's Argos, where he was responsible for 840 stores and 30,000 staff for this £4.5bn general merchandise retailer. Carson was a key member of the Argos leadership team that is credited with successfully transforming Argos into a digital leader prior to its sale in 2016 to Sainsbury's.

Steve Carson commented: "I am absolutely delighted to have the opportunity to lead this great business as we further develop and deliver our strategic plan. I am convinced we have the opportunity to create something special in the global market for health and wellness and I am very much looking forward to exciting times ahead. It also gives me great pleasure to be working closely with John again, alongside our impressive executive leadership team I have been working closely with since I joined. Together, I am convinced we will all make a significant difference to the future growth of Holland & Barrett. "

John Walden, Executive Chairman said: "On behalf of the board of directors, I would like to thank Peter Aldis for his strong leadership over 29 years with Holland & Barret and in particular his last 10 years as CEO. He has made significant impact in shaping Holland & Barrett and the wider health and wellness sector, and leaves the business in position to achieve even further success in the future.

"I am delighted with Steve Carson's promotion to Group Managing Director. Having worked with Steve in several prior roles, I have seen first-hand his exceptional leadership skills in driving operating performance and transformational change. Steve has worked closely with Peter over the past year and has made immediate positive impact at Holland & Barrett. I look forward to working closely with Steve and our strong executive team."

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FOR MEDIA INFORMATION, INTERVIEWS OR IMAGES PLEASE CONTACT:

Duncan Mackenzie-Reid, Pegasus on behalf of Holland & Barrett International
01273 712 000/07776257170 or hollandandbarrett@thisispegasus.co.uk

Stuart Bruseth, Director of Communications, LetterOne & L1 Retail - 07739 630539 or
sbruseth@letterone.com

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NOTES TO EDITORS

About Holland & Barrett International

Holland & Barrett International is one of the world's leading health and wellness retailers and the largest in Europe, supplying its customers with a wide range of vitamins, minerals, health supplements, specialist foods and natural beauty products. With over 145 years of experience in the industry, the Holland & Barrett name is a familiar sight in almost every major city and town across the UK and is becoming increasingly more visible further afield, in markets as diverse as the Netherlands and Malta to the UAE, China and India. Holland & Barrett currently operates more than 1,100 stores across the world, including 788 branches in the UK and Ireland of which 32 are "store in store" concepts with Tesco, and has reported over nine years of consecutive like for like growth. It was acquired by L1 Retail in August 2017. For more information visit www.hollandandbarrett.com.