



October 14, 2019

Dear Shareholders,

On June 28, 2019, the trading of the common stock of Natural Health Farm Holdings was suspended by United States Securities Commission ([www.sec.gov](http://www.sec.gov)). The temporary suspension of trading was pursuant to Section 12(k) of the Securities Exchange Act of 1934 (the "Exchange Act"), and terminated at 11:59 p.m. EDT on July 15, 2019. The Order alleged questions about the accuracy and adequacy of publicly disseminated information concerning, among other things, anticipated Natural Health Farm Holdings acquisitions.

We want to inform you that the Company has never hired anyone to promote our stock, and we strongly encourage our investors to only use credible sources when making an investment decision with respect to Natural Health Farm Holdings. Those sources should be verified using the company website, the company's filings, the company's issued news releases, and the disclosures made with the SEC. Our internal investor relations department is available to keep our shareholders updated of any issued press releases or filings. Please visit our website for additional information: [www.nhf-holdings.com](http://www.nhf-holdings.com)

Additionally, the Company discourages any and all promotional activity by non-company actors. Investors should not solely rely on third party newsletters/recommendations, websites or general stock symbols/classifications or other identifiers regarding our securities, whether positive or negative.

Our Board of Directors has reviewed all of our press releases issued over the past year and we believe that each press release accurately represented the facts as we know them on the date of publication. We remain committed to providing our shareholders with the most up to date, accurate and transparent.

For update, Natural Health Farm Holdings is in the process resuming trading on the OTCQB. This process requires the Company to continue to file its quarterly and annual reports on a timely basis with the SEC, and submit an updated Form 211 with FINRA ([www.finra.org](http://www.finra.org)), a governing organization for public listed companies trading on the over-the-counter-market.

Meanwhile, Natural Health Farm Holdings has continued to focus on improving the health and growth of our business. The company now owns a research & development laboratory in Malaysia, a franchisee management services company in Malaysia and an Australia manufacturer and supplier of functional foods, supplements, as well as homeopathic medicines for naturopath practitioners in Australia. From our latest 10-Q filing to the SEC, Natural Health Farm Holdings is also pleased to inform you that our revenue for the first nine months of 2019 is \$1,613,428. This represents an increase of over 300% from the same period in 2018. In addition, the total shareholder's equity has increased over 500% in the past year from \$447,889 in 2018 to \$2,237,088 in 2019.

We thank you for your continued support and will keep everyone informed on the progress.

Sincerely,  
Vernon Tee  
CEO & President