



PURE FOOD JUST TASTES BETTER

NFL/CFD/2013/12/02

December 6, 2013

The General Manager
Karachi Stock Exchange Limited
Stock Exchange Building
Stock Exchange Road
Karachi.

FAX No. 11/573329

Dear Sir,

**INFORMATION UNDER KSE LISTING REGULATIONS 16(6)
Sale of Shares by the Director**

This is to inform that Mr. Iqbal Alimohammed, Director of National Foods Limited has sold 3,485,000 share of the Company.

The details of transaction required as per KSE Listing Regulation 16(6) are provided herein below:

Type of transaction	:	Sale
Transaction date	:	05 December 2013
Settlement date	:	09 December 2013
Number of Shares	:	3,485,000
Rate	:	Rs. 415 per share
Form of Shares	:	Electronic

You may please disseminate the information to all concerned.

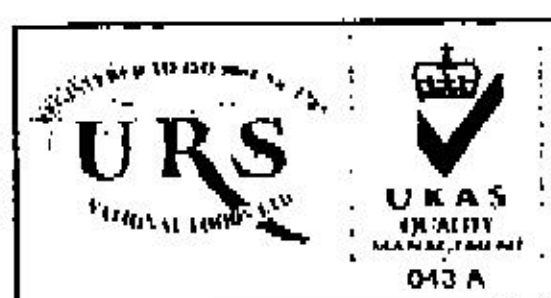
Yours faithfully,

FOR NATIONAL FOODS LIMITED

[Signature]
FARHAN ABDUL LATIF
Company Secretary

c.c.

1. The General Manager, Lahore Stock Exchange Limited *Fax No. 042-36368485*
2. The General Manager, Islamabad Stock Exchange Limited *Fax No. 051-11473329*
3. The Director (Enforcement & Monitoring), Securities & Exchange Commission of Pakistan, Islamabad.
4. Head of Operations, Cental Depository Company of Pakistan Ltd., Karachi.
5. Registrar, Central Depository Company of Pakistan Ltd. Karachi.



An ISO 9001 Certified Company

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