

Energy Holdings: USD 25.0 million cash distribution proposed

Limassol, Cyprus – May 29, 2026 – SED Energy Holdings Plc (“Energy Holdings”) today announced that the Board of Directors has proposed a cash distribution of USD 25.0 million, estimated to NOK 0.32 per share, for the first quarter of 2026 (the "Distribution").

The Distribution will be classified as a return of paid-in capital for accounting purposes and remains subject to shareholder approval at an Annual General Meeting (AGM). Details of the AGM will be provided in a forthcoming Notice.

Further details, including the record date, payment date, and final exchange rate will be announced in due course.

For further information, please contact: ir@energyholdings.cy

About Energy Holdings

SED Energy Holdings Plc (ticker code “ENH”) is a strong industrial partner with a diversified portfolio of resilient, cash-generative assets supported by a robust revenue backlog and a conservative capital structure. Energy Holdings' primary focus is on distributing all excess liquidity to shareholders, while also pursuing disciplined, value-accretive growth. For more information, please visit www.energyholdings.cy.

This information is subject to disclosure requirements pursuant to Section 5-12 of the Norwegian Securities Trading Act.