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May 15, 2015

Amended

Alberta Securities Commission

Ontario Securities Commission

British Columbia Securities Commission

Autorité des marchés financiers

RE: Nutritional High International Inc.

Pursuant to a request from the above-mentioned reporting issuer, we wish to advise you of the following information in connection with its **Annual and Special Meeting** of Shareholders:

Date of meeting:	June 22, 2015
Record date for notice:	May 11, 2015
Record date for voting:	May 11, 2015
Beneficial ownership determination date:	May 11, 2015
Securities entitled to notice:	Common
Securities entitled to vote:	Common
Issuer mailing directly to non objecting beneficial owners:	No
Issuer will pay for objecting beneficial owner material distribution:	Yes
Issuer using notice-and-access for registered investors:	No
Issuer using notice-and-access for non-registered investors:	No
Notice-and-access stratification criteria:	No

Yours very truly,

Zubair Khalid
Associate Manager, Trust Central Services
cc: CDS & Co. (Via Fax)