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NUTRITIONAL HIGH NOW TRADING ON THE FRANKFURT STOCK EXCHANGE

FOR IMMEDIATE RELEASE

TORONTO, ONTARIO – Toronto, Ontario – Nutritional High International Inc. (the "**Company**" or "**Nutritional High**") (CSE: EAT, OTCQB: SPLIF) is pleased to announce that its common shares now trade on the Frankfurt Stock Exchange under the symbol "2NU". European investors can now find quotes for the Company on: <u>www.en.boerse-frankfurt.de/</u>.

The Frankfurt Stock Exchange (the "Frankfurt Exchange") is the world's 10th largest stock exchange by market capitalization and the largest of Germany's seven stock exchanges. By facilitating advanced electronic trading, settlement and information systems, the Frankfurt Exchange is able to meet the growing requirements of cross-border trading. In addition to specialist trading at the Frankfurt Exchange, its fully electronic trading system XETRA is one of the leading electronic trading systems in the world. Over 200 trading participants from 16 European countries, Hong Kong and the United Arab Emirates are connected via XETRA servers in Frankfurt.

David Posner, CEO of Nutritional High commented: "We are very excited about our listing on a major German stock exchange. We expect this to boost our trading in Europe as we work towards spreading the word about our proprietary products in the European market. We look forward to growing the Company's shareholder base worldwide."

About Nutritional High International Inc.

Nutritional High is focused on developing, manufacturing and distributing products and nationally recognized brands in the hemp and marijuana-infused products industries, including edibles and oil extracts for nutritional, medical and adult recreational use. The Company works exclusively through licensed facilities in jurisdictions where such activity is permitted and regulated by state law.

For updates on the Company's activities and highlights of the Company's press releases and other media coverage, please follow Nutritional High on <u>Facebook</u>, <u>Twitter</u>, <u>Instagram</u> and <u>Google+</u>.

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