



**Nutritional High International Inc.**  
77 King Street West, Suite 2905  
Toronto, ON M5K 1H1

June 14, 2016

## **NUTRITIONAL HIGH APPOINTS NEW CHIEF FINANCIAL OFFICER**

### ***FOR IMMEDIATE RELEASE***

TORONTO, ONTARIO – Toronto, Ontario – Nutritional High International Inc. (the "Company" or "Nutritional High") (CSE: EAT, OTCQB: SPLIF) is pleased to announce the appointment of Amy Stephenson as the Company's Chief Financial Officer.

As former CFO of Bedrocan Cannabis Corporation, Ms. Stephenson has a strong familiarity of the cannabis and hemp industries. She has more than 20 years senior management and capital markets experience, 10 of which were spent in the CFO position for various public companies, including Ceres Global Ag Corp., Goldeye Explorations Ltd., Petroworth Resources Inc., and Augen Capital Corp. She has also worked as a business valuator at Evans & Evans, focusing on capital markets and M&A transactions. Ms. Stephenson's involvement as a principal and consultant M&A and project financing extends beyond North America to include Australia, China, Western Europe and Latin America.

Ms. Stephenson obtained her MBA in Finance from California State University, Sacramento, and her BA from the University of Hong Kong. She is a CFA Charter holder, a Chartered Professional Accountant (CPA, CMA) and a member of the Financial Executive International (FEI).

As CFO, Ms. Stephenson replaces Al Quong as the Company's Chief Financial Officer. The Company thanks Mr. Quong for his service and wishes him well in his future endeavors.

David Posner, CEO of Nutritional High commented: "We are very pleased to have Amy join Nutritional High's team. Amy's solid understanding of the cannabis market is undoubtedly an asset to the Company. We look forward to working with Amy, as we continue to advance the Company's business plan."

### ***Corporate Update***

The Company is pleased to announce that the Company has entered into a media dissemination agreement with Deutsche Gesellschaft für Wertpapieranalyse GmbH ("**DGWA**"). The Company's board has approved the issuance of an aggregate of 250,000 Shares to DGWA in the capital of the Company at a price of CDN\$0.05 per Common Share.

The Company's board has also approved the issuance of 240,000 stock options ("**Stock Options**") to a consultant. Each Stock Option is exercisable into Common Shares at a price of \$0.07 per Common Share for a period of two years from the date of issuance.

***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 [Facebook](#), [Twitter](#), [Instagram](#) and [Google+](#).

***About Branson Corporate Services***

Branson Corporate Services Inc., provides outsourced CFO and corporate services without a permanent financial commitment. Its team of professionals provides accurate, effective services at a reasonable cost, providing issuers with peace of mind in order to focus on core matters within their business.

**For further information, please contact:**

**Branson Corporate Services Inc.**

Margaret (Kookie) Miller, President and CEO

(416) 840-3798

[kmiller@bransonservices.com](mailto:kmiller@bransonservices.com)

-or-

**Etienne Moshevich**

Transcend Capital Inc., Investor Relations

604-681-0084

[et@transcendcapitalinc.com](mailto:et@transcendcapitalinc.com)

-or-

**David Posner, CEO**

Nutritional High International Inc.

647-985-6727

[dposner@nutritionalhigh.com](mailto:dposner@nutritionalhigh.com)

*NEITHER THE CANADIAN SECURITIES EXCHANGE NOR OTC MARKETS GROUP INC, NOR ITS REGULATIONS SERVICES PROVIDER HAVE REVIEWED OR ACCEPT RESPONSIBILITY FOR THE ADEQUACY OR ACCURACY OF THIS RELEASE.*

*This news release may contain forward-looking statements and information based on current expectations. These statements should not be read as guarantees of future performance or results. Such statements involve known and unknown risks, uncertainties and other factors that may cause actual results, performance or achievements to be materially different from those implied by such statements. Such statements include submission of the relevant documentation within the required timeframe and to*

*the satisfaction of the relevant regulators, completing the acquisition of the applicable real estate and raising sufficient financing to complete the Company's business strategy. There is no certainty that any of these events will occur. Although such statements are based on management's reasonable assumptions, there can be no assurance that such assumptions will prove to be correct. We assume no responsibility to update or revise them to reflect new events or circumstances.*

*Company's securities have not been registered under the U.S. Securities Act of 1933, as amended (the "U.S. Securities Act"), or applicable state securities laws, and may not be offered or sold to, or for the account or benefit of, persons in the United States or "U.S. Persons", as such term is defined in Regulation S under the U.S. Securities Act, absent registration or an applicable exemption from such registration requirements. This press release shall not constitute an offer to sell or the solicitation of an offer to buy nor shall there be any sale of the securities in the United States or any jurisdiction in which such offer, solicitation or sale would be unlawful.*

*Additionally, there are known and unknown risk factors which could cause the Company's actual results, performance or achievements to be materially different from any future results, performance or achievements expressed or implied by the forward-looking information contained herein. All forward-looking information herein is qualified in its entirety by this cautionary statement, and the Company disclaims any obligation to revise or update any such forward-looking information or to publicly announce the result of any revisions to any of the forward-looking information contained herein to reflect future results, events or developments, except as required by law.*