



Nutritional High International Inc.
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NUTRITIONAL HIGH ANNOUNCES ADVANCES IN ITS DISPENSARY PROJECT IN ILLINOIS

FOR IMMEDIATE RELEASE

TORONTO, ONTARIO – Toronto, Ontario – Nutritional High International Inc. (the "Company" or "Nutritional High") (CSE: EAT, OTCQB: SPLIF, FRANKFURT: 2NU) is pleased to announce that NH Medicinal Dispensaries Inc. ("NHMD"), the Company's wholly owned subsidiary, has received approval to relocate its planned dispensary to Effingham, IL. Effingham County is located in the middle of ISP District 12 and has approximately twice the population of Lawrenceville County. The Effingham location will provide significant additional patient access and is situated next door to a Veteran's Affairs Clinic.

The build-out of the Effingham dispensary is well underway and an inspection date will be set for later this summer. Staffing efforts has commenced and a launch date will be announced when set. Pictures of the build-out will be posted on the Company's social media feed in short order.

About the New Effingham Location

The Effingham location is in the heart of central Illinois and is adjacent to the intersection of two major interstate highways: I-57 and I-70. Located approximately 50 miles North West of the original intended location in Lawrenceville, IL, the new location is within minutes of the Keller Drive exit and entrance ramps which provide full on-off interstate access in all directions. The Effingham location is located in a high traffic regional business and retail district with several major big box retailers within minutes.

Effingham is a micropolitan center that draws workers from an 8 county area and has a trade population of 175,000. Being a regional center, people travel to Effingham to work, shop, and for their healthcare needs. As a result, patients can incorporate dispensary visits into other business that they have in the immediate area making the suitability of this location ideal for patients throughout the region. Being adjacent to a Veteran's Affairs Clinic will also provide convenient access for an important patient group.

The location is approximately 3,400 square feet and is designed to be secure, efficient, and promote safe dispensing of medical cannabis. Members of the public will not be given access to the retail area of the dispensary, and dispensary agents will closely monitor patient flow, all of

which will ensure that patients are safe and comfortable when engaging in their transactions in the retail area.

The proposed site has two designated handicapped parking spaces within fifty feet of the entrance. There is also a ramp for easy wheel chair access. The proposed site is new construction and fully ADA compliant.

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+](#).

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