



**Nutritional High International Inc.**  
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## **NUTRITIONAL HIGH ANNOUNCES BOARD AND MANAGEMENT CHANGES**

### ***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 board and management changes.

The Company has appointed Jim Frazier as its Chief Executive Officer. Mr. Frazier has, over the last several months, been leading the Company's build out and business roll out efforts in Colorado as Nutritional High's Chief Operating Officer. Mr. Frazier replaces David Posner, who had been appointed as Executive Chairman of the Board. Mr. Posner will continue to provide leadership and a guiding vision for Nutritional High in this new role. Mr. Posner has replaced Stasis Rizas, who has resigned as a Chairman and the director of the Company. Mr. Rizas had served as Chairman and Director of the Company since Nutritional High was founded in 2014. The Company thanks Mr. Rizas for his service and wishes him well in his future endeavors

David Posner, Chairman, commented – "I would like to thank Jim Frazier for taking on this expanded role. We have been very impressed with Jim's business acumen and his practical approach in managing the Company's role out in Colorado. He has been very effective at reducing costs and ensuring that we are in a position to meet our critical milestones as we move to commence operations in Colorado. I look forward to working with Jim to continue developing and executing opportunities for Nutritional High."

Incoming CEO Jim Frazier commented – "I would like to thank David Posner and the rest of the board for their confidence in me. We have achieved quite a bit over the past few months and have much work to do to execute on our plans in Colorado, Illinois and other jurisdictions. I look forward to continue working with the team to lead Nutritional High, as it transitions into commercial operations stage. "

### **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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