



Nutritional High International Inc.
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**NUTRITIONAL HIGH RETAINS BOOM CAPITAL MARKETS INC. TO PROVIDE
INVESTOR RELATIONS**

FOR IMMEDIATE RELEASE

TORONTO, ONTARIO – Nutritional High International Inc. (the "**Company**" or "**Nutritional High**") (CSE: EAT, OTCQB: SPLIF, FRANKFURT:2NU) is pleased to announce that it has retained Boom Capital Markets Inc. ("**Boom Capital**") as a consultant to provide investor relations services on behalf of Nutritional High. Boom Capital is an investor relations specialist in the micro-cap sector, with a focus on introducing Canadian companies of merit to broader institutional and retail investor audiences. Boom Capital has no interest, direct or indirect, in Nutritional High or its securities. Nutritional High will pay Boom Capital a total fee of \$2,500 per month, for an initial two months, and \$5,000 per month thereafter, for the consulting services provided. The agreement is cancellable upon 30 days' notice in writing at any time.

Jim Frazier, CEO of Nutritional High commented, "Boom Capital has a solid track record as a leading investor relations firm, and we're looking forward to having them broaden our investor base as we achieve our corporate objectives."

About Boom Capital Markets Inc.

Headed by Steven Low, Boom Capital Markets brings a broad distribution of institutional/retail investor relationships across a variety of sectors (technology, renewables, resources) located across Canada, the US and Europe. As a former institutional equity trader and salesperson, Steven has developed and maintains these key relationships, which enables companies to leverage the network and attract the necessary capital they require when executing their business plan. For more information, please visit www.boomcapitalmarkets.com.

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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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.

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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.