



Nutritional High International Inc.
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September 19, 2016

**NUTRITIONAL HIGH ANNOUNCES GRAND OPENING
OF THE CLINIC EFFINGHAM IN ILLINOIS**

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 The Clinic Effingham ("**TCE**") will hold its grand opening to patients in the State of Illinois on Tuesday, September 20th, 2016 at 10AM.

Nutritional High CEO Jim Frazier provided the following comments: "We are excited to announce an opening of The Clinic Effingham and are looking forward to serving the patients of the State of Illinois to assist them in treating their qualifying conditions. We would like to thank our staff, partners, local and state regulatory authorities and the community for all the support."

TCE staff have been following up with patients who had expressed interest during the TCE open house held on August 15, 2016, and the patient education seminars held over the last few weeks. The dispensary menu and hours, as well as the information for patients who would like to register with our dispensary, are available on <http://clinicillinois.com/>.

To accommodate additional interest from prospective patients, TCE will be holding three additional patient information seminars on: Monday, September 19th at 10:00 am, Monday, September 26th at 10:00 am, and Tuesday, September 27th at 6:00 pm. If you wish to attend and your schedule conflicts with these dates, please feel free to contact TCE for an appointment.

TCE is fully stocked with a range of products and is ready to commence sales. Pictures of TCE and its product counter displays can be seen on the Company's social media feeds.

Nutritional High also wishes to correct the figures in its press release dated September 12, 2016. The number of Units issued in the second tranche was 11,445,959, not 5,722,980, for aggregate gross proceeds of \$400,609. The total number of Units issued pursuant to this Offering, together with the first tranche as announced on August 31, 2016, was 22,878,538, not 11,439,270 for aggregate gross proceeds of \$800,749. We apologize for any confusion this might have caused.

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 The Clinic Effingham

The Clinic Effingham represents a partnership between Ataraxia, GTI and Nutritional High. This partnership includes leading Illinois dispensary and cultivation operators with a track record of successfully serving patients and positively impacting the communities in which they operate.

For further information, please contact:

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