



Nutritional High International Inc.
77 King Street West, Suite 2905
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November 10, 2016

NUTRITIONAL HIGH ANNOUNCES INCREASE IN SIZE OF PRIVATE PLACEMENT

FOR IMMEDIATE RELEASE

TORONTO, ONTARIO – Toronto, Ontario – Nutritional High International Inc. (the "**Company**" or "**Nutritional High**") (CSE: EAT, OTCQB: SPLIF) is pleased to announce it has increased the size of the non-brokered private placement (the "**Offering**") of units of the Company ("**Units**") to gross proceeds of \$5 million. (See press releases dated October 26, 2016 and November 9, 2016).

Each Unit consists of one common share ("**Common Share**") of the Company and one-half of one Common Share purchase warrant ("**Warrant**"). Each Warrant entitles the holder thereof to purchase a Common Share at \$0.22 per share for a period of 18 months from closing.

All securities issued in connection with this Offering are subject to a four-month hold period from the date of issuance in accordance with applicable securities laws. The Company engaged First Republic Capital Corporation ("**First Republic**") as the Lead Finder for the Offering.

Existing Security Holder Exemption

Given the strong demand for the Offering, the Company has determined that the Offering shall be offered to existing shareholders of the Company ("**Existing Security Holders**"), in addition to investors that qualify as Accredited Investors under applicable securities legislation (the "**Existing Security Holder Exemption**").

Existing shareholder wishing to purchase under the Existing Security Holder Exemption are reminded that in order to participate, a qualified shareholder must deliver (a) an executed subscription agreement in the required form, which will include requirements of the Existing Security Holder Exemption (e.g., that the subscriber was as of November 7, 2016 and continues to be as of the date of closing, a shareholder of the Company), (b) pay the subscription amount by November 14, 2016, or such other date as the Company may designate (payment instructions are contained in the subscription agreement), (c) there is a minimum subscription amount of \$10,000, and (d) subscriptions will be accepted by the Company on a 'first come, first served' basis. Therefore, if the Offering is over-subscribed it is possible that a shareholder's subscription may not be accepted by the Company.

Further terms and conditions shall be set out in the form of subscription agreement that will be made available to interested shareholders, who are directed to contact the First Republic or the Company as follows:

Song Lee
First Republic Capital Corporation
song@firstrepubliccapital.com
or

Margaret (Kookie) Miller
Branson Corporate Services
Email: kmiller@bransonservices.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+](#).

For further information, please contact:

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-and-

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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.

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.