

January 19, 2017

NUTRITIONAL HIGH ANNOUNCES INCLUSION INTO U.S. MARIJUANA INDEX

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 been added to the U.S. Marijuana Index.

The North American Marijuana Index tracks the leading public cannabis companies operating in the United States and Canada, and is broken down into two country sub-indices, the U.S. Marijuana Index and the Canadian Marijuana Index. Each index is equal-weighted and rebalanced quarterly. The North American Marijuana Index now has 28 constituents; the U.S. Marijuana Index and the Canadian Marijuana Index have 17 constituents and 11 constituents respectively.

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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