



CST Trust Company
P.O. Box 4202, Postal Station A
Toronto, ON M5W 0E4
Tel: 416.682.3800
Fax: 1.877.715.0494

www.canstockta.com

Global Resources • Local Service • Customized Solutions

March 16, 2017

Alberta Securities Commission

British Columbia Securities Commission

Ontario Securities Commission

Autorité des marchés financiers

RE: Nutritional High International Inc.

Pursuant to a request from the above-mentioned issuer, we wish to advise you of the following information in connection with their Annual Meeting of Shareholders:

Date of meeting:	May 25, 2017
Record date for notice:	April 10, 2017
Record date for voting:	April 10, 2017
Beneficial ownership determination date:	April 10, 2017
Securities entitled to notice:	Common Shares
Securities entitled to vote:	Common Shares
Issuer mailing directly to non objecting beneficial owners:	No
Issuer will pay for objecting beneficial owner material distribution:	Yes
Issuer using notice-and-access for registered investors:	No
Issuer using notice-and-access for non-registered investors:	Yes
Notice-and-access stratification criteria:	No

Yours very truly,

Vijaya Somasundharem

Associate Manager, Trust Central Services

cc: CDS & Co. (Via e-mail)