



Lakeside and Nutritional High Announce Extension of the LOI and Grant of Zoning Approval at Pueblo, CO Property

TORONTO, July 04, 2017 (GLOBE NEWSWIRE) -- Lakeside Minerals Inc. ("**Lakeside**") and Nutritional High International Inc. ("**Nutritional High**") (CSE:EAT) (OTCQB:SPLIF) (FRANKFURT:2NU) (together the "**Parties**") are pleased to announce that they have entered into agreement to amend the terms of the proposed transaction ("**Proposed Transaction**") originally announced in a joint press release dated February 28, 2017. The Parties are also pleased to announce a receipt of zoning approvals for the joint-venture between the parties in Pueblo, CO.

Amended Letter of Intent

The Parties have entered into agreement amending the original letter of intent ("**Letter of Intent**") entered into on February 22, 2017. The amendments include:

- | On the completion of the closing of the Proposed Transaction, Lakeside shall issue to Nutritional High 1,750,000 common shares of Lakeside, which would satisfy Lakeside's share issuance requirements in consideration for the Proposed Transaction;
- | The Parties have agreed to extend the date to enter into Definitive Agreements on or before September 30, 2017;
- | The Parties have agreed to extend the drop-dead date to November 30, 2017, prior to which Lakeside must obtain the conditional approval for the financing and complete the Proposed Transaction with Nutritional High, such approval to be satisfactory to each party acting reasonably.

All other terms of the Proposed Transaction remain unchanged.

Grant of Zoning Approval at Pueblo, CO Property

The Parties were advised by Palo Verde LLC ("**Palo Verde**"), that it has received an approval from Department of Planning and Development, Liquor and Marijuana Licensing of Pueblo County that it has received an Approval Letter for Zoning Compliance Review Marijuana ("**Letter**").

The Letter provides an approval to use the premises for the purpose of Retail Marijuana Cultivation. Palo Verde is in the process of submitting the application with the Marijuana Enforcement Division of the State of Colorado to obtain retail marijuana cultivation permit.

Palo Verde is a licensed MIPs producer in the State of Colorado, which is currently a tenant at Nutritional High's Pueblo Facility. Pursuant to the terms of the Proposed Transaction, Nutritional High will lease to Lakeside land and a building in Pueblo, Colorado ("**Pueblo Facility**") which qualifies for marijuana cultivation. Lakeside will sublease the Pueblo Facility to Palo Verde.

Since announcing the Proposed Transaction, Lakeside has been designing a facility in Pueblo, CO to be operated by Palo Verde and has prepared preliminary plans, which are being submitted to determine the engineering parameters of facility. It is expected that Palo Verde will sell the cannabis flower produced to

various retailers, and will utilize the trim and shake it produces in the Lakeside Cultivation Facility in its oil extraction and edibles operation established with the assistance of Nutritional High.

About Lakeside Minerals Inc.

Lakeside is considering potential strategies to maximize shareholder value in both the cannabis and mineral exploration sectors, including strategic alternatives relating to the Company's Launay project and different facets of the United States cannabis industry with a specific focus on plant propagation and growing as retail segments of the value chain. The Company intends to transition to a marijuana issuer, subject to necessary regulatory and shareholder approvals, with a focus on building grows that rely heavily on technology processes and data collection and analysis.

For further information, please contact:

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About Nutritional High International Inc.

Nutritional High is focused on developing, manufacturing and distributing products and nationally recognized brands in the marijuana-infused products industry, 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+](#) or visit www.nutritionalhigh.com.

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