



Nutritional High Issues Stock Options

TORONTO, July 10, 2017 (GLOBE NEWSWIRE) -- Nutritional High International Inc. (the "**Company**" or "**Nutritional High**") (CSE:EAT) (OTCQB:SPLIF) (FRANKFURT:2NU) is pleased to announce that board has approved the issuance of 400,000 stock options ("**Stock Options**") to Andres Tinajero, Director and Chairman of the Audit Committee. Each Stock Option is exercisable into Common Shares at a price of \$0.12 per Common Share for a period of five years from the date of issuance, subject to certain vesting provisions in accordance with the Company's stock option plan.

The Company also wishes to clarify an item from the press release dated June 13, 2017. The Company has issued Veterans Capital Fund II, LP 1,217,391 share purchase warrants, exercisable at a price of CAD \$0.165 for a period of two (2) years in relation to the closing of the financing of the Company's real estate property in La Pine, Oregon.

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 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, and Instagram or visit www.nutritionalhigh.com.

For further information, please contact:

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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.

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