



Nutritional High International Inc.
77 King Street West, Suite 2905
Toronto, ON M5K 1H1

November 20, 2017

CHOCOLATES IN TIME FOR WINTER HOLIDAYS! NUTRITIONAL HIGH'S FLI CHOCOLATE PRODUCTS LAUNCHED IN COLORADO

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 Palo Verde has manufactured and sold its first run of FLI marijuana-infused chocolates. FLI chocolates are now on sale at Natures Herbs and Wellness dispensary locations throughout Colorado and will be on the shelves of additional dispensaries in short order.

Palo Verde, Nutritional High's Colorado tenant, produced two flavors of chocolate bars developed by Nutritional High - Premium Milk Chocolate and Dark Chocolate Sea Salt. Each bar is 3.5oz and contains ten servings each containing 10mg of THC, totaling 100mg of THC per bar. Over the next ten days, Palo Verde will follow-up with production runs of Nutritional High's FLI branded Milk Chocolate Caramel bars and FLI branded Dark Chocolate Blueberry bars.

Jim Frazier, CEO of Nutritional High commented: "Our successful research and development efforts have yielded a marijuana-infused chocolate bar which will serve as our flagship edible product in Colorado and elsewhere. When I joined Nutritional High last year, it was with the intention of combining my 20 plus years in chocolate manufacturing with Nutritional High's leading cannabis extraction capabilities and I am proud of our development team and the Palo Verde staff for developing edible products which will set a new standard for quality and dosing at cost effective pricing."

Over the coming months, Palo Verde will introduce several additional Nutritional High developed FLI edible product lines including chocolate truffles, gummies, chocolate covered fruits, blueberries, cranberries and nuts, which will come in milk and dark chocolate varieties. and several innovative edible product concepts not presently available in the Colorado market. Subsequently, Nutritional High expects to launch FLI edible products in California, Washington State, Oregon and elsewhere.

Palo Verde staff is currently in the process of calibrating a chocolate enrober to fit the product to desired specifications. An enrober is a machine used in the confectionery industry to coat a food item with chocolate, which Nutritional High has leased to Palo Verde. This technology has revolutionized the confectionary industry and gave rise to mass manufacturing of confectionary products that use cocoa as the base. The capacity of the enrober at Nutritional High's Pueblo facility is estimated at 400 - 700 pounds of chocolate per hour, which provides a strong capacity to address the growing demand for gourmet edible products in the State of Colorado

About Nutritional High International Inc.

Nutritional High is focused on developing, manufacturing and distributing premium and consistently dosed products in the cannabis-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.

For further information, please contact:

David Posner, Chairman of the Board

Nutritional High International Inc.

647-985-6727

Email: dposner@nutritionalhigh.com

NEITHER THE CANADIAN SECURITIES EXCHANGE NOR OTC MARKETS GROUP INC., NOR THEIR REGULATIONS SERVICES PROVIDERS HAVE REVIEWED OR ACCEPT RESPONSIBILITY FOR THE ADEQUACY OR ACCURACY OF THIS RELEASE.

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.