



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

December 20, 2017

NUTRITIONAL HIGH "FLI" VAPE CARTRIDGES NOW ON SALE IN CALIFORNIA DISPENSARIES

FOR IMMEDIATE RELEASE

Toronto, Ontario – Nutritional High International Inc. (the "**Company**" or "**Nutritional High**") (CSE: EAT, OTCQB: SPLIF, FRANKFURT:2NU) has commenced the sale of FLI vape cartridges in California and is pleased to report that the products are now on the shelves of several medical dispensaries in the State. As announced in the press release dated November 14, 2017, Nutritional High has engaged a licensed manufacturer ("**CA Manufacturer**") to produce FLI-branded vape cartridges to Nutritional High's specifications.

Jim Frazier, CEO of Nutritional High commented – "We are very excited to reach this important milestone. Today marks the day that FLI-branded products are now sold in two states and also the first anniversary of the initial launch of the FLI brand in Colorado. Having the backing of a strong distributor in Calyx provides us with an important strategic advantage to ensure we develop a strong presence in California as recreational sales are launched in the New Year."

Since announcing the California partnership, the Company has been working with principals of the CA Manufacturer to further develop standard operating procedures ("**SOPs**") that Nutritional High will adopt at all its extraction facilities and with all manufacturing partners. Standardized SOPs allows the Company to ensure that the quality and consistency of FLI products live up to the expectations that the consumers and patients have come to expect from the brand.

The CA Manufacturer will initially focus on producing *FLI Select*, *High Terpene* and *Premium* product lines and subsequently will commence manufacturing other concentrate and edible products.

Until the provisions of Medicinal and Adult-Use Cannabis Regulation and Safety Act ("**MAUCRSA**") take effect on January 1, 2018, California Proposition 215 remains in effect. CA Manufacturer is a California mutual benefit corporation that is licensed by municipal authorities in the San Francisco Bay area to manufacture and sell cannabis concentrate products to organizations that are licensed to sell to medical patients from requisite local authorities. The Company's management has taken steps to ensure that the CA Manufacturer complies with the guidelines set out in the Cole Memo, and that it will comply with MAUCRSA once it comes into effect. Currently, neither the Company nor any of its subsidiaries engage in activities in the State of California that directly involve production, processing, distribution or retail sales of cannabis or its derivatives.

Update on Nevada Transaction

The Company also wishes to report that it has finalized the termination of its Nevada transaction and has completed the transfer of producer and processor licenses back to the vendor. It is expected that all funds previously deposited into escrow will be returned to Nutritional High in short order.

Nutritional High continues to explore efforts to enter the Nevada market on a "capital-light" brand licensing or contract manufacturing basis. In that regard, the Company is engaged in discussions with potential licensed operators with a view towards structuring a partnership in 2018.

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.