



Nutritional High International Inc.
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February 20, 2018

NUTRITIONAL HIGH ANNOUNCES CHANGES TO BOARD OF DIRECTORS

Toronto, Ontario – Nutritional High International Inc. (the "**Company**" or "**Nutritional High**") (CSE: EAT, OTCQB: SPLIF, FRANKFURT:2NU) is pleased to announce the appointment of Jim Frazier and Aaron Johnson as directors of the Company. Mr. Frazier and Mr. Johnson will be replacing current Board members Robert Keeler and David Caplan. Mr. Keeler will continue to serve as the Company's Chief Operating Officer and Mr. Caplan will continue his work with the Company by joining the Advisory Board.

Mr. Frazier has acted as the Chief Executive Officer of Nutritional High since July 2016 and will continue to serve in that role while also joining the Board of Directors. With over 23 years of experience in the food industry, Mr. Frazier has a proven track record of getting innovative products to market and implementing successful growth strategies. He owns and operates a successful Florida-based candy and chocolate business and currently oversees the expansion of Nutritional High's North American footprint as well as driving sales efforts across all retail channels. Mr. Frazier has guided the Company to its position today as a leader in the North American medical and adult-use cannabis industry and brings a wealth of relevant experience to the Board of Directors.

Mr. Johnson is a partner and member of JRG Attorneys at Law, LLP, in Salinas, California. He brings substantial experience in the fields of cannabis business entity formation and regulation, business transactions, real estate transactions, and land use law. He has previously served as President of the Hartnell Community College Board of Trustees, President of Monterey County Cattleman, and President of Ag Land Trust.

David Posner, Chairman of Nutritional High, commented - "We are excited to have Jim and Aaron join Nutritional High's Board of Directors. Both individuals bring valuable experience and execution capabilities which are crucial to Nutritional High's growth strategy. We also wish to thank Mr. Keeler and Mr. Caplan for their service as Directors and look forward to continue leveraging their skills to grow our company."

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:

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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.

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