



Nutritional High Congratulates Lineage Grow Company's Commencement of Trading on the CSE

TORONTO, March 05, 2018 -- Nutritional High International Inc. (the "**Company**" or "**Nutritional High**") (CSE:EAT) (OTCQB:SPLIF) (FRANKFURT:2NU) congratulates Lineage Grow Company ("Lineage") (CSE:BUDD) for their listing approval on the CSE. Lineage Grow Company has listed its common shares, and expects to begin trading effective on Monday, March 5th, under the symbol "BUDD". As a major shareholder in the company as well as a strategic partner with projects in Washington, Nutritional High is pleased to see Lineage Grow Company achieve this major corporate milestone.

Jim Frazier, the CEO of Nutritional High, commented, "This milestone for Lineage Grow is a key part of their plan toward growth and achieving their overall corporate strategic vision. Nutritional High has no doubt that Lineage Grow will continue to enhance and provide shareholder value to their current network and future potential investors."

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 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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