



June 25, 2018

Alberta Securities Commission
British Columbia Securities Commission
Ontario Securities Commission
Autorité des marchés financiers

RE: Nutritional High International Inc.

Pursuant to a request from the above-mentioned issuer, we wish to advise you of the following information in connection with their Annual and Special Meeting of Shareholders:

Date of meeting:	September 6, 2018
Record date for notice:	July 23, 2018
Record date for voting:	July 23, 2018
Beneficial ownership determination date:	July 23, 2018
Securities entitled to notice:	Common Shares
Securities entitled to vote:	Common Shares
Issuer mailing directly to non objecting beneficial owners:	No
Issuer will pay for objecting beneficial owner material distribution:	Yes
Issuer using notice-and-access for registered investors:	No
Issuer using notice-and-access for non-registered investors:	Yes
Notice-and-access stratification criteria:	No

Sincerely,

Larry Calixtro
Associate Manager, Trust Central Services