



Nutritional High Congratulates Aura Health on Its Commencing Trading on the CSE

TORONTO, Aug. 16, 2018 -- Nutritional High International Inc. (the “Company” or “Nutritional High”) (CSE: EAT, OTCQB: SPLIF, FRANKFURT: 2NU) would like to congratulate Aura Health Inc. (“Aura”) (CSE: BUZZ) for their listing approval and commencement of trading on Thursday, August, 15th under the symbol “BUZZ”. As a major shareholder in Aura, Nutritional High is pleased to see the achievement of this major corporate milestone. Aura is engaged in the acquisition and management of marijuana service businesses and currently holds minority interests in 4 medical marijuana clinics in Arizona, Nevada and Florida. Its long-term goal is to build an international network of vertically integrated businesses in the medical marijuana field.

Jim Frazier, the CEO of Nutritional High, commented, “This milestone for Aura is a key aspect of their growth plan and overall corporate strategic vision. Nutritional High has no doubt that Aura will continue to enhance and provide shareholder value to their current network and future potential investors through continued execution of their business plan and growth organically and M&A where applicable.”

Chris Carl, President and CEO of Aura, added, “We are very pleased to be listing on the CSE and look forward to executing our corporate strategy with the greater profile that comes from being publicly traded. Nutritional High has been a key supporter of Aura and I look forward to a continued strong relationship between the two companies.”

About Nutritional High International Inc.

Nutritional High is focused on developing, manufacturing and distributing products under recognized brands in the cannabis products industry, with a specific focus on edibles and oil extracts for medical and adult recreational use. The Company works exclusively through licensed facilities in jurisdictions where such activity is permitted and regulated by state law.

The Company follows a vertically integrated model with a fully developed strategy for acquisitions in extraction, production, sales, and distribution sectors of the cannabis industry. Nutritional High has brought its flagship FLI™ edibles and extracts product line from production to market in California through its wholly owned distributor Calyx Brands Inc., and Colorado where its products are manufactured by a licensed producer. The Company also owns a 50% interest in The Clinic Effingham (an Illinois dispensary), and is entering the Nevada, Washington State, Oregon and Canadian markets in the near future.

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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