



NUTRITIONAL HIGH ANNOUNCES CLOSING OF THE SALE OF MEMBERSHIP INTEREST OF ILLINOIS DISPENSARY

FOR IMMEDIATE RELEASE

Toronto, Ontario – October 30, 2018 – Nutritional High International Inc. (the "**Company**" or "**Nutritional High**") (CSE: **EAT**, OTCQB: **SPLIF**, FRANKFURT: **2NU**) is pleased to announce the closing of the previously announced sale (the "**Transaction**") of its fifty percent (50%) membership interest (the "**Membership Interest**") in Illinois-based NH Medicinal Dispensaries, LLC to ILDISP LLC, GTI-Clinic Illinois Holdings, LLC, a subsidiary of Green Thumb Industries Inc. and Ataraxia, LLC for an aggregate purchase price of USD\$3,500,000.

The net proceeds of the Transaction will be used by the Company towards expanding the business operations in California, Nevada, Oregon and Washington. Nutritional High expects to:

- expand production and launch new products in Oregon and California; and
- fund growth and expansion of Nevada-based Green Therapeutics LLC ("**Green Therapeutics**") while the Company awaits regulatory approval to close the acquisition of Green Therapeutics.

"We are pleased to finalize the sale of our Membership Interest in the Effingham dispensary at a considerable gain, and redeploy the funds in California, Nevada and the US West Coast that we consider strategically important to our business as these markets rapidly evolve and grow," commented Nutritional High's Chief Executive Officer Jim Frazier. "While we still believe that Illinois market has great potential for growth and will explore ways of entering the market in the future, we want to focus our efforts to ensure we continue to advance to rapidly increase market share in the western US."

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 with 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 through its wholly owned subsidiaries in California and Oregon, as well as Colorado where its FLI™ products are manufactured by a third-party licensed producer. In California, the Company distributes its products and products manufactured by other leading producers through its wholly owned distributor Calyx Brands Inc. and is entering the Nevada, Washington State 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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The 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. Some of the risks and other factors that could cause actual results to differ materially from those expressed in forward-looking information expressed in this press release include, but are not limited to: obtaining and maintaining regulatory approvals including acquiring and renewing U.S. state, local or other licenses, the uncertainty of existing protection from U.S. federal or other prosecution, regulatory or political change such as changes in applicable laws and regulations, including U.S. state-law legalization, market and general economic conditions of the cannabis sector or otherwise.