



## **NUTRITIONAL HIGH APPOINTS LORETO GRIMALDI AS INDEPENDENT DIRECTOR, ISSUES OPTIONS, RSUs**

Toronto, Ontario – August 12, 2019 – Nutritional High International Inc. ("**Nutritional High**" or the "**Company**") (CSE: **EAT**, OTCQB: **SPLIF**, FRANKFURT: **2NU**) is pleased to appoint Loreto Grimaldi, (BBA, MBA, JD, ICD.D), to the Board of Directors. Mr. Grimaldi is an accomplished senior executive with 20 years of business and legal expertise in governance, risk management, and complex transaction leadership and execution.

Mr. Grimaldi currently serves as SVP, General Counsel and Corporate Secretary at ECN Capital Corp. (ECN.TO "**ECN**"), a leading North American specialty finance business where he is responsible for legal, M&A, regulatory, compliance, insurance and human resources. Prior to joining ECN, Mr. Grimaldi served as EVP, General Counsel and Corporate Secretary at Progressive Waste Solutions Ltd. (WCN.TO), North America's third largest waste management business. From 2011 - 2014, Mr. Grimaldi was COO, General Counsel & Secretary at Medavail Technologies Inc. where he successfully lobbied to modernize pharmacy laws in the US, Canada, and Europe, resulting in multiple deployments of Medavail's MedCenter® kiosks across those jurisdictions. From 2003 - 2010 Mr. Grimaldi was VP & Associate General Counsel at Symcor Inc. where he had primary transaction responsibility for its rapid expansion into the US outsourcing space. From 1997 – 2003, Mr. Grimaldi was a Senior Associate at Stikeman Elliot LLP where he developed a practice focusing on large public and private M&A transactions, complex technology services, and outsourcing deals across many different industries. Mr. Grimaldi's board experience includes Emblem Corp., along with several global private companies. At Emblem Corp., he was a member of the Special Committee and played a key role in negotiating the merger with Aleafia Health Inc., where he continues to sit on the board.

"We're very excited to have someone with Loreto's extensive accomplishments join our board," commented Adam Szweras, CEO of Nutritional High. "Loreto's legal and transactional experience across many industries, including cannabis, will be a major asset to us as we continue to develop our business. His presence opens up new opportunities for the company, and if history is any indicator, we expect to become leaner and more focused, with a shorter path to profitability."

The Company would also like to announce it has granted 9,700,000 options to board members and employees, and 6,956,968 restricted stock units that vest upon completion of certain milestones.

### **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](#) and [Instagram](#) or visit [www.nutritionalhigh.com](http://www.nutritionalhigh.com).

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