



NUTRITIONAL HIGH APPOINTS TOM KRUESOPON TO BOARD OF DIRECTORS

Toronto, Ontario – November 11, 2019 – Nutritional High International Inc. ("**Nutritional High**" or the "**Company**") (CSE: **EAT**, OTCQB: **SPLIF**) is pleased to announce that Tom Kruesopon will be joining the Board of Directors, effective immediately.

Previously, Mr. Kruesopon served as an advisor to the former Prime Minister of Thailand and was instrumental in legalizing cannabis for medical use. He currently serves as the senior advisor to Apple Wealth Holding Company, CEO of Tune Insurance, President of Panda Securities, and former Director of Thai AirAsia X. Mr. Kruesopon has been working closely with the Company since March to develop opportunities in Asia and played a large role in securing the previously announced agreement with Golden Triangle Health Company Ltd.

Mr. Kruesopon will be replacing Loretto Grimaldi, who has stepped down from the Board due to other commitments. The company would like to thank Loretto for his efforts and wish him all the best in his future endeavours.

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.

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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.

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