



November 28, 2019

British Columbia Securities Commission

Alberta Securities Commission

Ontario Securities Commission

Autorité des marchés financiers

**RE: Nutritional High International Inc.**

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

Date of meeting:	December 30, 2019
Record date for notice:	December 3, 2019
Record date for voting:	December 3, 2019
Beneficial ownership determination date:	December 3, 2019
Securities entitled to notice:	10% SR Conv. Deb. 21Mar15 10% SR Conv. Deb. Reg D
Securities entitled to vote:	10% SR Conv. Deb. 21Mar15 10% SR Conv. Deb. Reg D
Issuer mailing directly to non-objecting beneficial owners:	No
Issuer will pay for objecting beneficial owner material distribution:	No
Issuer using notice-and-access for registered investors:	No
Issuer using notice-and-access for non-registered investors:	No
Notice-and-access stratification criteria:	No

Sincerely,

James Daly  
Administrator, Trust Central Services