



## **ANDRES TINAJERO STEPS DOWN AS DIRECTOR OF NUTRITIONAL HIGH**

Toronto, Ontario – December 3, 2019 – Nutritional High International Inc. ("**Nutritional High**" or the "**Company**") (CSE: **EAT**, OTCQB: **SPLIF**) announces that Andres Tinajero has stepped down as Director and Audit Committee Chair of Nutritional High in order to fulfil the obligations of a new employment position, effective immediately.

“Andres first joined Nutritional High in 2017 and was instrumental in growing the Company over the past three years,” said Adam Szweras, CEO of Nutritional High. “On behalf of the Board, I would like to sincerely thank Andres for his services and wish him and his family all the best.”

### **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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