

Nutritional High Announces the Appointment of John Durfy to the Board of Directors, and an Update Regarding the Debentureholder Meeting

Toronto, Ontario--(Newsfile Corp. - May 28, 2020) - Nutritional High International Inc. (CSE: EAT) (OTCQB: SPLIF) ("Nutritional High" or the "Company") is pleased to announce that John Durfy has been appointed to the Board of Directors of the Company.

John Durfy was appointed CEO in February 2020 and will, effective immediately, replace David Posner who has resigned from the board to pursue other opportunities.

"David Posner is one of the founders of Nutritional High and has played a significant role in the business since its inception, first as CEO and then as Chairman of the Board," said Adam Szweras, Chairman of the Company. "We would like to express our sincere gratitude to David for his vision in launching Nutritional High and his many significant contributions over the years."

In addition, the Company has amended the date for the meeting of the 10% Senior Unsecured Convertible Debentures due March 14, 2021 ("Debentures"). The Meeting will now be held on July 8, 2020, and the Record date will remain as May 20, 2020. Further details of this proposal will be provided in the management information circular expected to be available on or about June 17, 2020.

About Nutritional High International Inc.

Nutritional High is focused on developing and manufacturing branded products in the cannabis industry, with a specific focus on edibles and oil extracts for medical and adult recreational use. The Company works exclusively in jurisdictions where such activity is permitted and regulated by state law.

Nutritional High has brought its flagship FLI™ edibles and vape product lines from production to market in various markets including Colorado where its award winning FLI™ products are manufactured by Palo Verde, LLC. The Company signed a purchase agreement for Palo Verde on May 15, 2020, and is awaiting regulatory approval. In California, the Company distributes products through its wholly owned distributor Calyx Brands Inc.

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.

For further information, please contact:

Robert Wilson

Chief Financial Officer

Nutritional High International Inc.

416-666-4005

Email: rwilson@nutritionalhigh.com

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