



August 14, 202

-AMENDED

British Columbia Securities Commission
Alberta Securities Commission
Ontario Securities Commission
Autorité des marchés financiers

RE: Nutritional High International Inc.

-AMENDED

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 **Debenture Holders**:

Date of meeting:	October 8, 2020
Record date for notice:	September 8, 2020
Record date for voting:	September 8, 2020
Beneficial ownership determination date:	September 8, 2020
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,

Trust Central Services
AST Trust Company (Canada)