



August 14, 2020

-AMENDED

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

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 **Annual &** Special Meeting of Shareholders:

Date of meeting:	October 22, 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:	Common Shares
Securities entitled to vote:	Common Shares
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:	Yes
Issuer using notice-and-access for non-registered investors:	Yes
Notice-and-access stratification criteria:	No

Sincerely,

Trust Central Services
AST Trust Company (Canada)