

# Nutritional High Announces Completion of the Conversion of the 10% Senior Unsecured Convertible Debentures

Toronto, Ontario--(Newsfile Corp. - October 30, 2020) - Nutritional High International Inc. (**CSE: EAT**) (**OTC Pink: SPLIF**) ("**Nutritional High**" or the "**Company**") is pleased to announce that the Company has completed the proposed conversion of the 10% senior unsecured convertible Debentures (the "10% Debentures") described in the management information circular dated September 17, 2020.

In accordance with the amendment approved at the meeting of the Debentureholders held on October 8, 2020, approved by the Canadian Securities Exchange, the Company has completed the forced conversion of the 10% Debentures at \$.02 per share.

Further to the press release dated October 8, 2020, the final outstanding balance of the 10% Debentures as of October 28<sup>th</sup>, 2020 was \$5,673,000. In satisfaction of the principal and accrued interest amount outstanding the Company has issued 296,705,671 common shares.

As part of the approved amendment to the 10% Debentures, 50% of the common shares issued upon forced conversion have been escrowed by means of a restriction for six months subject to early release in whole or part at the discretion of the Company. As such, on October 29, 2020 the Company issued to holders of the 10% Debentures, 141,825,000 shares which are free trading plus 141,825,000 shares which are restricted. In addition, 13,055,671 shares representing interest up to the date of conversion have been issued to the 10% Debentureholders which are subject to 4 month hold.

With the issuance of the above shares, in addition to debenture conversions which took place up to the date of forced conversion on October 28, 2020, the Company will now have total basic shares outstanding of 995,587,157.

## **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 and is awaiting regulatory approval.

The Company also distributes products through its wholly owned distributor Calyx Brands Inc. The Company signed an agreement to sell Calyx.

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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