

NUTRITIONAL HIGH INTERNATIONAL INC.

**NOTICE AND ACCESS NOTIFICATION TO SHAREHOLDERS
ANNUAL AND SPECIAL MEETING OF SHAREHOLDERS
TO BE HELD ON SEPTEMBER 29, 2021**

You are receiving this notification because Nutritional High International Inc. (the "**Corporation**") has elected to use the notice and access model ("**Notice and Access**") for the delivery of meeting materials to its shareholders in respect of its annual and special meeting of shareholders to be held on September 29, 2021 (the "**Meeting**").

Under Notice and Access, shareholders continue to receive a proxy or voting instruction form ("**VIF**"), as applicable, enabling them to vote at the Meeting. However, instead of receiving paper copies of the Corporation's notice of annual and special meeting of shareholders and management information circular (collectively, the "**Meeting Materials**"), shareholders receive this notice with information on how they may access the Meeting Materials electronically. The use of this alternative means of delivery is more environmentally friendly as it will help reduce paper use and it will also reduce the Corporation's printing and mailing costs.

MEETING DATE, TIME AND LOCATION

WHEN: Wednesday, September 29, 2021
10:00 a.m. (Toronto time)

WHERE: 77 King Street West Suite 2905
Toronto, ON M5K 1G8

SHAREHOLDERS WILL BE ASKED TO VOTE ON THE FOLLOWING MATTERS:

- **Elect Directors:** To elect directors of the Corporation for the ensuing year. See the section entitled "**Particulars of Matters to be Acted Upon – Election of Directors**" in the accompanying information circular.
- **Appoint the Auditor and Authorize the Directors to Fix their Remuneration:** To appoint Harbourside CPA LLP, Chartered Accountants, as auditors of the Corporation for the ensuing year and to authorize the directors to fix their remuneration. See the section entitled "**Particulars of Matters to be Acted Upon – Appointment of Auditor and Fixing the Remuneration**" in the accompanying information circular.
- **Capital Amendment:** To approve the amendment to the articles of the Corporation to establish a class of multiple voting shares and to change the name of the common shares of the Corporation to "subordinate voting shares". See the section entitled "**Particulars of Matters to be Acted Upon – Authorized Capital Amendment**" in the accompanying information circular.
- **Name Change:** To approve the change in the name of the Corporation to "High Fusion Inc.", or such other name as the board of directors of the Corporation may, in its sole discretion, determine to be appropriate. See the section entitled "**Particulars of Matters to be Acted Upon – Approval of the Name Change**" in the accompanying information circular.
- **RSU Plan:** To approve the adoption of a new restricted share unit plan of the Corporation. See the section entitled "**Particulars of Matters to be Acted Upon – Approval of RSU Plan and RSU Issuance**" in the accompanying information circular.
- **Other Matters:** To transact such other business as may properly come before the Meeting or any adjournment thereof. See the section entitled "**Other Matters**" in the accompanying information circular.

SHAREHOLDERS ARE REMINDED TO ACCESS AND REVIEW THE MEETING MATERIALS PRIOR TO VOTING.

WEBSITES WHERE MEETING MATERIALS ARE POSTED

The Meeting Materials can be viewed online under the Corporation's profile at www.sedar.com or on the Corporation's website at www.nutritionalhigh.com.

HOW TO OBTAIN PAPER COPIES OF THE MEETING MATERIALS

Shareholders may request that paper copies of the Meeting Materials be sent to them (by postal delivery) at no cost. Requests for Meeting Materials may be made up to one year from the date the information circular was filed on SEDAR. Registered and beneficial shareholders may obtain paper copies by calling AST Trust Company (Canada) at 1-888-433-6443 within North America or 1-416-682-3801 outside North America, or by sending an email to fulfilment@astfinancial.com.

To receive the Meeting Materials in advance of the proxy cut-off time and the Meeting, requests should be received by no later than September 17, 2021.

VOTING INSTRUCTIONS

Registered shareholders are asked to return their **proxy forms** using one of the following methods by 10:00 a.m. (Toronto time) on Monday September 27, 2021 (the "**proxy cut-off time**"):

BY MAIL:	AST Trust Company (Canada), Proxy Department, P.O. Box 721, Agincourt, Ontario, M1S 0A1
BY FAX:	1-866-781-3111 (toll free within North America) or 416-368-2502
BY EMAIL:	scan and email to proxyvote@astfinancial.com
BY TELEPHONE:	toll free within North America 1-888-489-5760
BY INTERNET:	www.astvotemyproxy.com

Beneficial shareholders are asked to return their **VIFs** using one of the following methods by the proxy cut-off time:

INTERNET:	See the VIF for details.
MAIL or FACSIMILE:	Complete the VIF, sign it and return it to the address provided on the form, or fax it to the number provided on the form.

Shareholders with questions about notice and access can contact the Corporation's transfer agent, AST Trust Company (Canada) at 1-888-433-6443.

COVID-19 PANDEMIC

In light of ongoing concerns related to the COVID-19 pandemic and the Province of Ontario's emergency measures concerning public gatherings, the Corporation is encouraging shareholders and guests not to attend the Meeting in person. Instead, shareholders are encouraged to vote on the matters before the Meeting by proxy, and to participate in the Meeting by teleconference, as follows:

TEL: 1-855-799-0222
ACCESS CODE: 0854411

Shareholders will not be able to vote over the conference line but will be able to ask questions of management at the conclusion of the Meeting. Should the prevailing advice from provincial authorities require or recommend any additional change(s) to the Meeting, updates will be posted on the Corporation's website and/or by press release.

DATED at Toronto Ontario this 17th day of August, 2021.

BY ORDER OF THE BOARD OF DIRECTORS

/s/ "Adam Szweras"

Name: Adam Szweras
Title: Chairman of the Board