Nutritional High International Inc.
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NATIONAL HOCKEY LEAGUE SEES ROOM FOR JUST ONE GRINDER, ASKS NUTRITIONAL HIGH TO CHANGE ITS SYMBOL

FOR IMMEDIATE RELEASE

TORONTO, ONTARIO – Nutritional High International Inc. (the "**Company**" or "**Nutritional High**") (CSE: NHL, OTCQB: SPLIF) announces a change of trading symbol to "EAT".

Due to a demand by the National Hockey League, the Company has changed its symbol on the Canadian Securities Exchange ("**CSE**") from "NHL" to "EAT". In the U.S. the company continues to trade under the symbol "SPLIF" on the OTCQB.

Nutritional High CEO David Posner commented: "We're honored to follow in the footsteps of the Nordiques, who were also asked to change their name upon their move from Canada to Colorado. The Avalanche won the Stanley Cup that year, so we figured why fight a winning formula? While we don't believe anyone would confuse our respective products, we decided to make the symbol change to avoid possible legal costs, despite being on solid legal ground."

About Nutritional High International Inc.

Nutritional High is primarily focused on developing, acquiring and designing products and brands in the marijuana-infused edible products and oil extracts sectors for medical and adult recreational use. The Company works exclusively in U.S. states where such activity is permitted and regulated by state law, through entities which hold a valid license to produce marijuana-infused edible products and to distribute, and dispense marijuana products.

For updates on the edibles industry and highlights of the Company's press releases and other media coverage, please follow Nutritional High on Facebook, Twitter, Instagram and Google+.

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