

OTCQB Certification

I, David Posner, President, Chief Executive Officer and Director of Nutritional High International Inc. ("the Company"), certify that:

- a. The Company is registered or required to file periodic reporting with the SEC or is exempt from SEC registration as indicated below (check one):
- ☐ Company is registered under Section 12(g) of the Exchange Act
 - ☒ Company is relying on Exchange Act Rule 12g3-2(b)
 - ☐ Company is a bank that reports to a Bank Regulator under Section 12(i) of the Exchange Act
 - ☐ Company is a bank that is non-SEC reporting but is current in its reporting to a Banking Regulator
 - ☐ Company is reporting under Section 15(d) of the Exchange Act.
 - ☐ Other (describe) _____
- b. The Company is current in its reporting obligations as of the most recent fiscal year end and any subsequent quarters, and such information has been posted either on the SEC's EDGAR system or the OTC Disclosure & News Service, as applicable.
- c. The Company Profile displayed on www.otcmarkets.com is current and complete as of December 11, 2015 and includes the total shares outstanding, authorized, and in the public float as of that date.
- d. The following is a complete list of attorney(s) and law firm(s) who advised or assisted in the preparation of the Company's most recent annual report, including in-house counsel: (If no attorney assisted in putting together the disclosure, indicate the person or persons who prepared the disclosure and their relationship to the company.)
- Branson Corporate Services Inc. (consultant providing accounting, bookkeeping and corporate secreterial services)
77 King Street West, Suite 2905
Toronto, ON M5K 1H1
- e. The following is a complete list of third party providers, including names and addresses, engaged by the Company, its officers, directors or controlling shareholders, during the period from the Company's prior fiscal year end to the date of this OTCQB Certification, to provide investor relations services, public relations services, or other related services to the Company including promotion of the Company or its securities:
- FronTier Consulting Ltd.
1 King Street West - Suite 1411
Toronto, Ontario M5H 1A1
Attn: Ari Todd 416.900.1170 ari@frontiermcg.com
- Stockhouse Publishing Ltd.
1625-1185 West Georgia Street, Vancouver, BC V6E 4E6
Attn: Stephanie Mann 905.926.5176 Stephanie.Mann@stockhouse.com
- f. Listed below are the names, legal addresses and % of shares owned by all Officers, Directors and Control Persons (control persons are beneficial owners of more than five percent (5%) of any class of the issuer's equity securities). If any of the beneficial shareholders are corporate shareholders, the name and address of the person(s) owning or controlling such corporate shareholders and the resident agents of the corporate shareholders must also be included.

Name	Address (City and State only)	% Shares Owned
David Andrew Posner President, Chief Executive Officer and Director	556 Cranbrooke Ave., Toronto, ON M5M 1P1	4.5%

Adam Kelly Szweras Corporate Secretary and Director	25 Firtree Trail, Thornhill, ON L4J 9G6	0.1%. 4,400,000 Shares (representing 3.3% of total Shares) are owned by FMI Capital Advisory Inc., a company of which 33.3% is indirectly owned by The Goomie Trust, a family trust, of which the children of Mr. Szweras are the beneficiaries.
Halki Holdings Inc. A corporation controlled by Stasis Rizas, Director and Chairman of the Board	P.O. Box 369 Station A, Toronto, ON M5W 1C2	11.5%
Billy A. Morrison		0.2%
Anne Marie Youhana		0.1%
Other directors and officers do not own any Shares		

Date: December 18, 2015

Name of Certifying CEO or CFO: David Posner

Title: President, Chief Executive Officer and Director

Signature: "/s/ David Posner"

(Digital Signatures should appear as "/s/ [OFFICER NAME]")