



Nutritional High International Inc.
77 King Street West, Suite 2905
Toronto, ON M5K 1H1

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NUTRITIONAL HIGH ANNOUNCES INTERNATIONAL EXPANSION PLAN

FOR IMMEDIATE RELEASE

TORONTO, ONTARIO – Toronto, Ontario – Nutritional High International Inc. (the "**Company**" or "**Nutritional High**") (CSE: EAT, OTCQB: SPLIF, FRANKFURT: 2NU) wishes to provide an update regarding its international expansion strategy.

Nutritional High's mandate is to capitalize on regulatory changes in jurisdictions where cannabis and cannabis derivative products are permitted by the requisite government authorities for medical or adult use. The Company continues to monitor the legislative environment in jurisdictions where a significant market potential exists. Nutritional High has identified Germany as being one of the markets where the regulatory change is currently underway.

On May 4, 2016, German Federal Health Minister Hermann Gröhe announced that the German cabinet has decided to approve the measure for seriously ill patients who have consulted with a doctor and "have no therapeutic alternative," according to a press release from the German Health Ministry. The law is expected to come into force in 2017.

On June 28, 2016, Bundestag has presented a draft law that would amend the act that regulates the controlled substances in Germany to provide for supply of medical cannabis in the form of dried flowers and extracts. A key differentiating factor from other jurisdictions, is that the patients that may be permitted to use cannabis to treat their ailments may be covered by their medical insurance.

Nutritional High aims to be at the forefront of legalization in Germany with a goal of bringing its proprietary manufacturing methods and high professional standards of approaching this new industry. The Company will bring its expertise in developing cannabis extract products which provide for different consumption methods and its knowledge of different extraction technologies to create leading products.

David Posner, CEO of Nutritional High commented – "After visiting Europe last week and having an opportunity to meet with potential investors, politicians and influential financial power figures, it became clear to us that Germany can be a very lucrative medical cannabis market once the regulatory environment permits to do so. We look forward to continue monitoring the

regulatory environment in Germany and developing potential strategies to capitalize on this change according to Nutritional High's mandate."

About Nutritional High International Inc.

Nutritional High is focused on developing, manufacturing and distributing products and nationally recognized brands in the hemp and marijuana-infused products industries, including edibles and oil extracts for nutritional, medical and adult recreational use. The Company works exclusively through licensed facilities in jurisdictions where such activity is permitted and regulated by state law.

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](#), [Instagram](#) and [Google+](#).

For further information, please contact:

Etienne Moshevich

Transcend Capital Inc., Investor Relations

604-681-0084

et@transcendcapitalinc.com

-or-

David Posner, CEO

Nutritional High International Inc.

647-985-6727

dposner@nutritionalhigh.com

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