Nutritional High International Inc.
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NUTRITIONAL HIGH ANNOUNCES COMPLETION OF ITS EFFINGHAM DISPENSARY AND OPEN HOUSE ON AUGUST 15

FOR IMMEDIATE RELEASE

TORONTO, ONTARIO – Toronto, Ontario – Nutritional High International Inc. (the "**Company**" or "**Nutritional High**") (CSE: EAT, OTCQB: SPLIF, FRANKFURT: 2NU), along with its joint venture partners, are pleased to announce that construction of its medical marijuana dispensary in Effingham, IL, has been completed and the dispensary is substantially ready to open its door to patients, upon fulfilling the final pre-requisites required by Illinois Department of Financial and Professional Regulation ("**IDFPR**").

The pictures of the newly renovated facility, which will operate under the name "The Clinic Effingham" ("**TCE**"), have been posted on the Company's social media pages at https://www.facebook.com/Nutritional-High-255291184657443/ and http://www.facebook.com/TheClinicEffingham.

In anticipation of commencing operations, The Clinic Effingham will be holding an open house on August 15, 2016 from 3 to 6 p.m. at its location at 1009 Ford Avenue, Effingham IL. During the open house, The Clinic Effingham will hold a ribbon-cutting ceremony, offer the public an opportunity to tour our state of art dispensary and meet our clinic staff, hold a free patient certification seminar and provide more information about the medical cannabis program.

The management team has worked hard to cultivate a good relationship with the community and the city to promote safe and responsible use of cannabis for those suffering from debilitating medical conditions and looks forward to having the opportunity to open its doors to its neighbours in Effingham and throughout District 12.

Nutritional High CEO Jim Frazier commented – "We are very excited to announce this key milestone in the Company's business and look forward to being rolling out our business in the State of Illinois. We are thankful to both our local joint venture partners, and local authorities for their warm welcome and appreciate the trust they have placed in our Company."

The grand opening launch date for The Clinic Effingham will be announced upon securing licensing approval of the Company's wholly owned subsidiary, NH Medicinal Dispensaries Inc. ("**NHMD**"), by the Illinois Department of Financial & Professional Regulation.

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+.

About The Clinic Effingham

The Clinic Effingham represents a partnership between Ataraxia, GTI and Nutritional High. This partnership includes leading Illinois dispensary and cultivation operators with a track record of successfully serving patients and positively impacting the communities in which they operate.

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