



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

March 14, 2016

**NUTRITIONAL HIGH FILES FORM F-1/A
IN RESPONSE TO THE FIRST ROUND OF COMMENTS FROM THE
US SECURITIES AND EXCHANGE COMMISSION**

FOR IMMEDIATE RELEASE

TORONTO, ONTARIO – Nutritional High International Inc. (the "**Company**" or "**Nutritional High**") (CSE: EAT, OTCQB: SPLIF) is pleased to announce that it has responded to the first round of comments from the United States Securities and Exchange Commission ("**SEC**") in response to Form F-1 that the Company has filed on February 4, 2016. As part of its response, the Company has filed Form F-1/A ("**Form F-1/A**" or "**Registration Statement**") on March 11, 2016.

The filing of the Form F-1/A was undertaken as a condition of the US\$1,000,000 financing ("**Offering**") from Kodiak Capital Group, LLC. ("**Kodiak Capital**" or "**Selling Stockholder**") (previously announced in the press release dated January 6, 2016). The Registration Statement is subject to further SEC review and the Company will continue to take steps to have the Registration Statement declared effective.

The details of the offering (including the terms of the Offering) are subject to change based on market conditions at the time the Registration Statement becomes effective. The Securities may not be sold, nor may offers to buy be accepted, before the Registration Statement becomes effective. Neither this news release, nor the Registration Statement shall constitute an offer to sell or the solicitation of an offer to buy the Company's securities, nor shall there be any sale of the Common Shares in any jurisdiction in which such offer, solicitation or sale would be unlawful prior to registration or qualification under the securities laws of such jurisdiction.

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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This news release may contain forward-looking statements and information based on current expectations. These statements should not be read as guarantees of future performance or results. Such statements involve known and unknown risks, uncertainties and other factors that may cause actual results, performance or achievements to be materially different from those implied by such statements. Such statements include submission of the relevant documentation within the required timeframe and to the satisfaction of the relevant regulators, completing the acquisition of the applicable real estate and raising sufficient financing to complete the Company's business strategy. There is no certainty that any of these events will occur. Although such statements are based on management's reasonable assumptions, there can be no assurance that such assumptions will prove to be correct. We assume no responsibility to update or revise them to reflect new events or circumstances.

Company's securities have not been registered under the U.S. Securities Act of 1933, as amended (the "U.S. Securities Act"), or applicable state securities laws, and may not be offered or sold to, or for the account or benefit of, persons in the United States or "U.S. Persons", as such term is defined in Regulation S under the U.S. Securities Act, absent registration or an applicable exemption from such registration requirements. This press release shall not constitute an offer to sell or the solicitation of an offer to buy nor shall there be any sale of the securities in the United States or any jurisdiction in which such offer, solicitation or sale would be unlawful.

Additionally, there are known and unknown risk factors which could cause the Company's actual results, performance or achievements to be materially different from any future results, performance or achievements expressed or implied by the forward-looking information contained herein. All forward-looking information herein is qualified in its entirety by this cautionary statement, and the Company disclaims any obligation to revise or update any such forward-looking information or to publicly announce the result of any revisions to any of the forward-looking information contained herein to reflect future results, events or developments, except as required by law.