FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **Nutritional High International Inc.** (the "Issuer").

Trading Symbol: **EAT**

Number of Outstanding Listed Securities: 274,447,902

Date: **February 28, 2018**

Report on Business

1. Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.

   In a press release dated February 1, 2018, Nutritional High International Inc. (the "Company") announced that TKO Products LLC received notification from the City of Long Beach that it has advanced to the final review stage of the Medical Marijuana Business License Application process.

   In a press release dated February 7, 2018, the Company announced that it entered into an amended and restated letter of intent ("restated LOI") with Lineage Grow Company ("Lineage") dated February 1, 2018, setting forth the proposed transactions Lineage wishes to undertake in the United States with the assistance of the Company to develop its marijuana related operations.

   Pursuant to the restated LOI, the Company will assist Lineage to enter into a strategic partnership with Mt. Baker Greeneries LLC in the State of Washington. The proposed transaction with also include Lineage entering into a Joint Venture with the Company and Palo Verde LLC in connection with the expansion of Nutritional High's marijuana facility located in Pueblo, Colorado. The target completion date for the proposed Pueblo Joint Venture has been postponed to December 1, 2018.

   Pursuant to the restated LOI the Company will enter into the Put Option agreement with KW Capital Partners Ltd., as agent of the holders of the Convertible Debentures, and Lineage, pursuant to which, in certain circumstances, Nutritional High would be obligated, at the election of KW, to purchase the Convertible Debentures at a price equal to the amount of all principal and accrued interest. Nutritional High has agreed to enter into the Put Option Agreement in consideration disclosed below (#5).

   In a press release dated February 12, 2018, the Company announced that the shareholders of Calyx Brands Inc. ("Calyx") approved an acquisition of 100% of Calyx's assets by Nutritional High.

   In a press release dated February 15, 2018, the Company provided an update regarding the build-out at its facility in the City of La Pine, Oregon and provided an update regarding the Company's product rollout in Washington State. Mt. Baker Greeneries LLC has been focused on renovating and upgrading its facility to enable Mt. Baker Greeneries to implement Nutritional High's SOPs, know-how and infusion

techniques. These upgrades and improvements will allow Mt. Baker Greeneries to manufacture high quality distillate cannabis oil that would be used to fill FLI-branded vape cartridges, including a new Live Resin line. The Company and Mt. Baker Greeneries have also identified the equipment upgrades that are required for the Bellingham Property to implement the necessary extraction and manufacturing techniques.

The Company also announced it entered into an addendum to the Purple Haze License Agreement effective January 25, 2018. The Company has agreed to satisfy its 2017 License Agreement obligations to PHP and to meet its 2018 License Agreement obligation.

In a press release dated February 20, 2018, the Company announced the appointment of Jim Frazier and Aaron Johnson as directors of the Company. Mr. Frazier and Mr. Johnson will be replacing current board members Robert Keeler and David Caplan. Mr. Keeler will continue to serve as the Company's Chief Operating Officer and Mr. Caplan will continue to work with the Company by joining the Advisory Board.

In a press release dated February 22, 2018, the Company announced that it has launched "Mile High FLI Club" rewards program that it's rolling out in the states where FLI products are being sold by licensed operators.

2. Provide a general overview and discussion of the activities of management.

The issuer is primarily focused on developing, acquiring, and designing products and brands in the marijuana-infused edible products and producing oil extracts 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 told a valid U.S. state license to produce marijuana-infused edible products and to distribute and dispense marijuana products.

Among other duties, management has been undertaking the following:

- **Working with Palo Verde to develop and evaluate options that will further allow Palo Verde to increase its capacity**
- **Working with Palo Verde to develop new sales channels to ensure a strong customer base**
- **Working on expanding its flagship line of FLI products**
- **Working with Calyx's management team to finalize the acquisition and support Calyx's expansion efforts in California.**
- **Pursuing branding and licensing opportunities**
- **Recruitment of personnel**
- **Development of manufacturing processes**

Management is actively pursuing expansion opportunities in various other U.S. states and Europe. The expansion strategies the Company intends to pursue include direct acquisitions, joint venture partnerships, royalty/licensing arrangements or direct license application in a legally compliant manner. The focus in on designing arrangements in such a manner that expansion efforts provide the quickest way to enter the market to introduce the Company's products and provide the highest rate of return.

3. Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.

None noted

4. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.

None noted

5. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.

As noted in the press release dated February 7, 2018, the Company amended and restated the letter of intent with Lineage Grow Company ("Lineage") dated February 1, 2018. Upon the completion of the Pueblo Joint Venture, Lineage will issue to Nutritional High 400,000 common shares of Lineage ("Lineage Shares") at $0.25 per share as partial consideration for introducing Mt. Baker to Lineage. Upon the completion of the Pueblo Joint Venture, Lineage will issue to Nutritional High 100,000 Lineage Shares at $0.25 per share as partial consideration for providing consulting services to Lineage in preparation for entering into the Pueblo Joint Venture.

Nutritional High has agreed to enter into the Put Option Agreement in consideration for:

1. **The issuance to Nutritional High of 1,250,000 Lineage Shares at $0.25 per share;**

2. **$75,000 cash paid to Nutritional High in the form of 5% royalty on all revenue of Lineage paid on an installment basis with the balance of any amount owing and not yet paid by October 16, 2019, to be paid in a lump sum; and**

3. **If Lineage acquires any dispensary in a state in which Nutritional High's products are sold, Lineage shall purchase Nutritional High's products to stock at least 20% of the dispensary's shelf space per product category at a price equal to Nutritional High's best regular wholesale price to Nutritional High's customers in the state, subject to availability of supply.**

Pursuant to the Put Option Agreement, the following circumstance would trigger the put option:

1. **Failure of Lineage to list the Lineage Shares on a stock exchange by February 28, 2018;**

2. **The Lineage Shares trading at a price per share equal to less than 50% of the conversion price of the Convertible Debentures for 60 consecutive trading days after being listed on a stock exchange; or**

3. **Failure by Lineage to either acquire an operating marijuana business or assisting Mt. Baker in commencing marijuana cultivation operations by June 30, 2018.**

In a press release dated February 15, 2018, the Company entered into an addendum to the Purple Haze License Agreement effective January 25, 2018. The Company has agreed to satisfy its 2017 License Agreement obligations to PHP and to meet its 2018 License Agreement obligation via issuance of 750,000 common shares in the capital of the Company to PHP. The addendum also includes two (2) one year options to extend the License Agreement at the Company's sole discretion and provide that a portion of the stock issuances and all the owed monetary royalties shall be placed in an escrow account for contingencies.

6. Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.

   None noted

7. Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.

   None noted

8. Describe the acquisition of new customers or loss of customers.

   None noted

9. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks.

10. None noted

11. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

    None noted

12. Report on any labour disputes and resolutions of those disputes if applicable.

None noted

13. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.

None noted

14. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.

None noted

15. Provide details of any securities issued and options or warrants granted.

Security	Number Issued	Details of Issuance	Use of Proceeds(1)
Warrants	11,428	Issuance of underlying compensation options at an exercise price of $0.05 per warrant, expiring February 26, 2018.	
Options	500,000	Granted 500,000 options with an exercise price of $0.50 per option, expiring February 21, 2023.	
Common shares	4,454,176	Exercise of warrants	$339,914; working capital purposes

(1) State aggregate proceeds and intended allocation of proceeds.

16. Provide details of any loans to or by Related Persons.

None noted

17. Provide details of any changes in directors, officers or committee members.

In a press release dated February 20, 2018, the Company announced the appointment of Jim Frazier and Aaron Johnson as directors of the Company. Aaron Johnson was appointed as an audit committee member. Mr. Frazier and Mr. Johnson will be replacing current board members Robert Keeler and David Caplan.

Mr. Keeler will continue to serve as the Company's Chief Operating Officer and Mr. Caplan will continue to work with the Company by joining the Advisory Board.

18. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.

The Company's marijuana business involves certain risks and uncertainties that are inherent to the Company's industry. Please refer to the "Risk Factors" section of the Amended and Restated Prospectus dated February 13, 2015 which is available on SEDAR at www.sedar.com.

Certificate Of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.

2. As of the date hereof there were is no material information concerning the Issuer which has not been publicly disclosed.

3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).

4. All of the information in this Form 7 Monthly Progress Report is true.

Dated March 7, 2018.

Jim Frazier
Name of Director or Senior Officer

"Jim Frazier"
Signature
Chief Executive Officer
Official Capacity

Issuer Details Name of Issuer Nutritional High International Inc.	For Month End February 28, 2018	Date of Report YY/MM/D 18/03/07
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Contact Name David Posner	Contact Position Director	Contact Telephone No. (647) 985-6727
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