

FORM 7

MONTHLY PROGRESS REPORT

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

Trading Symbol: EAT

Number of Outstanding Listed Securities: 346,237,082

Date: May 31, 2019

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.

Calyx continues to expand its distribution network and now services more than 500 licensed retail dispensary outlets in the State of California. The Company also announced that it has received approval to modify the conditional use permit ("CUP") attached to Nutritional High's FLI Labs NorCal facility in Sacramento, California. Pending final regulatory approval, the modification will add another distribution hub to Calyx's network and reinforce its position of leadership in the burgeoning Northern California cannabis market.

In a press release dated May 21, 2019 the Company announced it has entered into an agreement (the "Amending Agreement") amending certain terms in its membership interest purchase agreement ("MIPA") between the Company and Nevada-based Green Therapeutics, LLC ("GT") (as previously announced October 1, 2018). The MIPA has been amended to exclude certain assets and accompanying intellectual property which were not core to Nutritional Highs' manufacturing and distribution focused business model, reducing by 50% the purchase price for its interest in GT.

In a press release dated May 24, 2019 the Company announced that it has entered into a settlement agreement (the "Settlement Agreement") with Anthony Westfall ("Westfall") in connection with the Membership Interest Purchase Agreement dated July 8, 2018 (the "Purchase Agreement") among the Company, NH Nevada LLC ("NH Nevada") and Westfall, pursuant to which NH Nevada agreed to purchase Pasa Verde, LLC from Westfall. Pursuant to the terms of the Settlement Agreement, the Company has agreed to pay Westfall, an aggregate of US\$650,000, US\$55,000 for legal fees and 3,134,117 common shares of the Company (the "Common Shares") at a deemed value of \$0.21 per Common Share. An aggregate of 3,094,560

Common Shares held in escrow pursuant to the Purchase Agreement, to be released at the direction of a third party for aggregate proceeds of US\$402,950, which the Company has used to fund a portion of the monies payable to Westfall. As part of the settlement, all performance-based compensation, which could have amounted up to US \$5.3 million, has been eliminated, resulting in significant savings to the Company.

In a press release dated May 29, 2019 the Company closed its brokered private placement offering co-lead by Haywood Securities Inc. and Foundation Markets Inc. (collectively, the "Agents"), pursuant to which the Company issued 18,117,000 units of the Company (each, a "Unit") at a price of C\$0.20 per Unit (the "Issue Price"), for gross proceeds of C\$3,623,400 (the "Brokered Offering"). Concurrently with the Brokered Offering, the Company closed a non-brokered private placement of 7,670,000 Units at the Issue Price, for gross proceeds of C\$1,534,000 (together with the Brokered Offering, the "Offering"). Each Unit consists of one common share (each, a "Common Share") of the Company, and one Common Share purchase warrant (each, a "Warrant"). Each Warrant entitles the holder thereof to purchase one Unit, at a price per of C\$0.30 per Unit, for a period of 36 months (the "Expiry Date") after May 29, 2019 (the "Closing Date").

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 cannabis-infused edible products and producing oil extracts for medical and adult recreational use. The Company works in the U.S. and Canada where such activity is permitted and regulated by state law, through entities which hold a valid U.S. state license to produce cannabis-infused edible products and to distribute and dispense cannabis products.

Among other duties, management has been undertaking the following:

- Working on expanding its flagship line of FLI products
- Working with Management of Green Therapeutics to finalize and close the previously announced acquisition
- 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 Canada. 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 is 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

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

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.

None

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

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

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

No material acquisition or loss of new customers 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.

None noted.

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

The Company has continued to add to its personnel in California and Toronto across all areas of the Company to manage its current expansion.

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

None to report.

12. 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.

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

None noted.

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

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾
Common shares	3,134,117	Settlement on Pasa Verde acquisition	N/A
Common shares	304,348	Warrants exercise	N/A
Common shares	25,787,000	Equity financing	For building out facilities, expansion in the California market, to pursue potential acquisitions and general corporate and working capital purposes.

Warrants	25,787,000	Exercise price - \$0.30 Expiry date – May 29, 2022 Vest immediately upon granting	N/A
Compensation options	1,449,360	Exercise price - \$0.20 Expiry date – May 29, 2022 Vest immediately upon granting	N/A
Advisory warrants	145,000	Exercise price - \$0.20 Expiry date – May 29, 2022 Vest immediately upon granting	N/A
Finder's warrant	439,500	Exercise price - \$0.20 Expiry date – May 29, 2022 Vest immediately upon granting	N/A

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

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

No new items to report.

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

None noted.

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

None to report.

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: June 5, 2019 .

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 May 31, 2019	Date of Report YY/MM/D 19/06/05
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Contact Name David Posner	Contact Position Director	Contact Telephone No. (647) 985-6727
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