FORM 7

MONTHLY PROGRESS REPORT

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

Trading Symbol: EAT

Number of Outstanding Listed Securities: 346,320,415

Date: June 30, 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.

**In a press release dated June 5, 2019 the Company announced it has signed a non-binding letter of Intent with Good Vybes, LLC and Hannah Ashby to provide a Southern California base of operations for the Calyx Brands, the wholly owned cannabis products distributor of the Company. The deal provides the Company with an additional distribution center in Southern California, effectively doubling statewide distribution capacity. This additional footprint enables the Company to expand the scope of its services to communities such as Los Angeles, Long Beach, Palm Springs/Palm Desert, the Inland Empire and San Diego County, which represent the largest number of licensed dispensaries in California and where the majority of newly licensed retailers are expected to be opening over the next 24 months (according to temporary licensing data from the Bureau of Cannabis Control.**

**On June 6, 2019, Hannah Ashby received authorization from the City of Los Angeles for distribution, manufacturing and cultivation. Operations as contemplated under the LOI will commence in June 2019.**

**In a press release dated June 12, 2019 the company announced its Sacramento facility has received its provisional distribution license from the State. The facility will commence distribution operations upon receipt of its local permit.**

**In a press release dated June 25, 2019 the Company provided an update regarding the funding and operations of Palo Verde LLC ("Palo Verde"), the Company's licensed tenant at its campus in West Pueblo, CO ("Pueblo Facility"). In 2018, Palo Verde was working on obtaining a renewal for its retail marijuana products manufacturer license ("Retail MIPs License"), which was obtained in October 2018 through a settlement with Colorado Department of Revenue, Marijuana Enforcement Division ("MED"). As a condition of its Retail MIPs License renewal, Palo Verde had to obtain alternative financing for the promissory notes made between Palo Verde and the Company. Palo Verde has obtained the required financing in the amount of US $250,000 ("New PV Loan") in April 2019 from a third party unrelated to the Company and Palo Verde ("New Lender") and has submitted the requisite documents to the MED for approval. In connection with the New PV Loan and to comply with MED requirements, the Company assigned its prior note with Palo Verde to the New Lender. All other agreements between-wholly owned subsidiaries of the Company and Palo Verde remain in in full effect, which include: i) Lease agreement pursuant to which Palo Verde leases the Company's Pueblo Facility. ii) Packaging supply agreement pursuant to which Nutritional High supplies FLI-branded packaging to Palo Verde.**

1. 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.**

1. 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**

1. 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**

1. 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**

1. 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**

1. 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**

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

**No material acquisition or loss of new customers noted.**

1. 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.**

1. 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.**

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

**None to report.**

1. 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.**

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

**None noted.**

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

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| **Security** | **Number Issued** | **Details of Issuance** | **Use of Proceeds** |
| Common shares | 83,333 | Conversion of convertibledebentures | N/A |

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

**No new items to report.**

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

**On June 24, 2019, the Company appointed Adam Szweras as the new Chief Executive Officer of the Company. Mr. Szweras is a founder of the Company and has been active in its leadership since inception, most recently as Co-Chair of the board. Mr. Szweras is replacing Jim Frazier, CEO of the Company since July 2016, who has stepped down to pursue other business opportunities. Mr. Frazier has also resigned from the board of directors of the Company.**

1. 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: July 5, 2019 .

 Adam Szweras
Name of Director or Senior Officer

 “*Adam Szweras”*
Signature

Chief Executive Officer
Official Capacity

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| ***Issuer Details***Name of IssuerNutritional High International Inc. | For Month EndJune 30, 2019 | Date of ReportYY/MM/D19/07/05 |
| Issuer Address77 King Street West, Suite 2905 |
| City/Province/Postal CodeToronto/ Ontario/ M5K 1H1 | Issuer Fax No.( ) | Issuer Telephone No.(416) 840-3798 |
| Contact NameDavid Posner | Contact PositionDirector | Contact Telephone No.(647) 985-6727 |
| Contact Email Addressdposner@nutritionalhigh.com  | Web Site Address[www.nutritionalhigh.com](http://www.nutritionalhigh.com)  |