

FORM 7

MONTHLY PROGRESS REPORT

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

Trading Symbol: EAT

Number of Outstanding Listed Securities: 362,579,611

Date: September 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 September 11, 2019 the Company announced a distribution relationship with District 11, a licensed, premium cannabis company, through its wholly owned subsidiary, Calyx Brands ("Calyx"). Calyx will help launch and distribute the ST IDES brand of pre-rolled, tobacco-free blunts to its network of nearly 600 retailers throughout the State of California.

In a press release dated September 12, 2019 the Company announced a distribution relationship in California with PurBlend Science, Inc makers of the VOOZ™ vapor delivery system, through Calyx.

In a press release dated September 15, 2019 the Company announced a California distribution partnership with Prime Care Inc. to distribute Nuvata cannabis vaporizers through Calyx.

In a press release dated September 16, 2019 the Company announced a distribution partnership with Punch Edibles & Extracts through Calyx.

In a press release dated September 17, 2019 the Company announced an exclusive distribution relationship in California with Extract Solutions, Inc. through Calyx.

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

The issuer is primarily focused on distribution, 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.

Please see item 1

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.

In a press release dated September 13, 2019 the Company announced that Ken Young will be joining the company as of September 16, 2019, in the newly created role of Senior Vice President of Operations for wholly-owned subsidiary Calyx Brands, Inc.

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.

On September 17, 2019, the Oregon Liquor Control Commission ("OLCC") commenced an administrative proceeding against the Company alleging that it used denatured alcohol at its processing facility in La Pine, Oregon, in violation Oregon Administrative Rule 845-0256-3260(3)(a)(A) which is a Category I violation. The Company will timely file a request for administrative hearing on or about October 14, 2019, if the matter is not yet resolved. The Company is currently working with the OLCC to assess resolving the matter on mutually agreeable terms.

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
Common Shares	4,331,711	As per Asset Purchase Agreement, US\$500,000 paid in the form of shares	\$Nil; shares issued as consideration for asset and IP licenses
Common Shares	921,377	Shares for debt at \$0.20 per common share	\$Nil
Common Shares	2,000,000	Exercise of warrants	\$Nil; cashless warrant

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

None to report.

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

None to report.

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

The heightened concerns around the recent national news coverage surrounding fake, "black market" THC vaping devices being linked with health concerns may impact sale of FLI cartridges and clients of Calyx. Following a recent investigation, The New York Department of Health found Vitamin E Acetate to be present in nearly all the vaping devices submitted for testing, which is believed to be the main contributing factor to the aforementioned health concerns. This is the result of unlicensed producers using cutting agents or fillers during the manufacturing process, as their practices are not governed by any regulations. Our business philosophy is built on a foundational belief in consuming cannabis in the safest, most natural way possible and that you have every right to know what you are putting in your body. This driving philosophy ensures our products are made with minimal ingredients and the highest quality extracts. Customer health and safety is our top priority, and it is for this reason that we abstain from using any cutting agents or fillers in the manufacturing of FLI branded products. All FLI products are produced using pure, not cut, THC distillate, enhanced with propriety blends of all-natural plant-derived terpenes.

But any negative impact should be outweighed by growth opportunities for non-vapable edible products which make up the Company's primary business.

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: October 7, 2019

Adam Szweras
Name of Director or Senior
Officer

"Adam Szweras"
Signature
Chief Executive Officer
Official Capacity

Issuer Details	For Month End	Date of Report
Name of Issuer	September 30,	YY/MM/D
Nutritional High International Inc.	2019	19/10/07
Issuer Address		
77 King Street West, Suite 2905		
City/Province/Postal Code	Issuer Fax No.	Issuer Telephone No.
Toronto/ Ontario/ M5K 1H1	()	(416) 840-3798
Contact Name	Contact Position	Contact Telephone No.
David Posner	Director	(647) 985-6727

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