

## FORM 7

### MONTHLY PROGRESS REPORT

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

Trading Symbol: EAT

Number of Outstanding Listed Securities: 368,848,617

Date: February 29, 2020

#### 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.

**The Company continues to execute its distribution and manufacturing strategies, including but not limited to, the development of new lines of revenue generation, retailers' brands diversification, building more cost-efficient distribution model and seeking for strategic distribution alternative.**

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 operates in the U.S. 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:**

- **Awaiting approval of the State of Nevada to transfer the ownership of Green Therapeutics**
- **Pursuing branding and licensing opportunities**
- **Development and R&D of manufacturing processes**

**Management is actively pursuing expansion opportunities for its distribution business in California to add critical mass. 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 to report.**

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 to report.**

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 to report.**

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 to report.**

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.

**The Company entered into a non-binding letter of intent ("LOI") to see a controlling interest in its subsidiary, Calyx Brands Inc. As part of the purchase, a new strategic partner ("Partner") will make an investment in Calyx as well as adding significant new business to the Calyx operations, (the "Transaction").**

**As part of the contemplated Transaction:**

- **The Partner is to fund all ongoing operating capital requirements of Calyx.**
- **The Partner is expected to integrate its existing flower processing and supply management business into Calyx, whereby adding flower products to the brands Calyx carries through its state-wide distribution network.**
- **Calyx will become part of a new entity in which the Partner will have controlling interest and Nutritional High will retain a minority interest.**
- **Nutritional High will also receive additional contingent pay-outs based on operating milestones of Calyx over a period of time.**

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

**None to report.**

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.

**None to report.**

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 to report.**

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

**None to report.**

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

**The Company's former CEO and director, Adam Szweras, and a director, Brian Presement, advanced \$55,000 and \$50,000, respectively, of mortgage funding secured by the Company's property in Colorado.**

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.**

**We strive to ensure that our products are made with minimal ingredients and the highest quality extracts. For this reason, 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, Cannabis distillate, enhanced with propriety blends of all-natural plant-derived terpenes.**

**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 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 5, 2020

Adam Szweras  
Name of Director or Senior  
Officer

"Adam Szweras"  
Signature  
Chairman  
Official Capacity

<b><i>Issuer Details</i></b> Name of Issuer  Nutritional High International Inc.	For Month End  February 29, 2020	Date of Report YY/MM/D  20/03/06
Issuer Address  77 King Street West, Suite 2905		
City/Province/Postal Code  Toronto/ Ontario/ M5K 1H1	Issuer Fax No. (   )	Issuer Telephone No.  (416) 840-3798
Contact Name  David Posner	Contact Position  Director	Contact Telephone No.  (647) 985-6727
Contact Email Address <a href="mailto:dposner@nutritionalhigh.com">dposner@nutritionalhigh.com</a>	Web Site Address <a href="http://www.nutritionalhigh.com">www.nutritionalhigh.com</a>	