



NUTRITIONAL HIGH PLEASED TO ANNOUNCE THE APPOINTMENT OF DR. JASON DYCK, PHD TO ITS BOARD OF DIRECTORS

Toronto, Ontario – June 30, 2020– Nutritional High International Inc. ("**Nutritional High**" or the "**Company**") (CSE: **EAT**, OTCQB: **SPLIF**) is pleased to announce that Dr. Jason Dyck, PhD has joined the Company as a Director, effective immediately. Dr. Dyck, a highly respected scientific professional in his field, is currently on the board of Aurora Cannabis, Inc (TSX: **ACB.TO**). He has led the research and science team at Aurora Cannabis in its formative years, playing a significant role in helping it becoming the industry leader that it is today.

John Durfy, CEO of Nutritional High commented “We are excited that Jason agreed to join our team and take on a similar role in Nutritional High as we navigate into the new area of psychedelics. Both a medical sciences and industry veteran, his expertise and accomplishments will prove to be invaluable for the Company and the management team at Psychedelic Sciences Corp, post its acquisition by Nutritional High”

Kruzo LLC (“**Kruzo**”) is a wholly owned subsidiary of Psychedelic Science Corp (“**PSC**”) which Nutritional High has entered into a letter of intent to acquire, per announcement from the Company on June 1, 2020. PSC will also raise a minimum of \$1.5 million CAD prior to being acquired by Nutritional High. Further details of the acquisition will be provided once definitive agreements have been negotiated between the Company and PSC.

Dr. Dyck is a Professor in the Department of Pediatrics and the Director of the Cardiovascular Research Centre at the University of Alberta. His successful research career spans the study of multiple ailments, including diabetes, cancer, and cardiovascular disease, all linked to his interest in how alterations in molecular control mechanisms contribute to these diseases. Dr. Dyck is a Canada Research Chair in Molecular Medicine, having published over 230 peer-reviewed research papers in this area. Dr. Jason Dyck received a PhD in Medical Sciences from the University of Alberta in 1995 and trained at Dartmouth Medical School (Hanover, New Hampshire) and Baylor College of Medicine (Houston, Texas).

Dr. Dyck has extensive experience in the field of drug discovery and commercialization. He co-founded a successful University of Alberta spin-off company, currently holds more than 100 patents and has numerous collaborations with large pharmaceutical companies. He is on the board of CTT Pharmaceutical Holdings, Inc, and is the Co-chairman, National Research Council at Diabetes Canada. Dr. Dyck is also an alumnus of Canada’s Top 40 Under 40.

About Nutritional High International Inc.

Nutritional High is focused on developing and manufacturing branded products in the cannabis industry, with a specific focus on edibles and oil extracts for medical and adult recreational use. The Company works exclusively in jurisdictions where such activity is permitted and regulated by state law. Nutritional High has brought its flagship FLI™ edibles and vape product lines from production to market in various markets including Colorado where its award winning FLI™ products are manufactured by Palo Verde, LLC. The Company signed a purchase agreement for Palo Verde and is awaiting regulatory approval. In California,

the Company distributes products through its wholly owned distributor Calyx Brands Inc. For updates on the Company's activities and highlights of the Company's press releases and other media coverage, please follow Nutritional High on Facebook, Twitter and Instagram or visit www.nutritionalhigh.com.

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