



NUTRITIONAL HIGH ACHIEVES MILESTONE IN ITS REORGANIZATION EFFORTS

Toronto, Ontario – January 6, 2021 – Nutritional High International Inc. ("**Nutritional High**" or the "**Company**") (CSE: **EAT**) is pleased to announce certain advances in our efforts to reorganize and refocus our business in Colorado, Oregon and California. In this regard, we have agreed to terminate the Company's previously announced expansion into Nevada through the purchase of Green Therapeutics ("GT"). This decision was mutually agreed upon and allows GT to move forward with a sale of its business to Australis Capital Inc., the letter of intent announced January 5, 2021.

As part of the sale of GT to Australis, the indebtedness due to Nutritional High will be repaid which includes full repayment of the US\$1,240,000 previously advanced plus accrued interest and a premium. In accordance with an agreement signed today, repayment will be made in the form of shares of Australis Capital as part of that company's purchase of GT.

"While we have great respect for Duke Fu and his Green Therapeutics team, we have decided that we need to focus all of our efforts and resources on Colorado, Oregon and California" stated John Durfy, CEO of Nutritional High. "While we have decided not to proceed with the acquisition of GT, we have agreed to a contract manufacturing relationship with GT when we are ready to expand to Nevada."

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.

The Company also owns Psychedelic Science which is working with Rangsit University in Thailand to consider the medical benefits of various psychedelic cacti.

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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Caution Regarding Forward-Looking Information:

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This news release may contain forward-looking statements and information based on current expectations. These statements should not be read as guarantees of future performance or results. Such statements involve known and unknown risks, uncertainties and other factors that may cause actual results, performance or achievements to be materially different from those implied by such statements. Risks that may have an impact on the ability for these events to be achieved include completion of the 2020 Filings. Although such statements are based on management's reasonable assumptions, there can be no assurance that such assumptions will prove to be correct. We assume no responsibility to update or revise them to reflect new events or circumstances.

The Company's securities have not been registered under the U.S. Securities Act of 1933, as amended (the "**U.S. Securities Act**"), or applicable state securities laws, and may not be offered or sold to, or for the account or benefit of, persons in the United States or "U.S. Persons", as such term is defined in Regulation S under the U.S. Securities Act, absent registration or an applicable exemption from such registration requirements. This press release shall not constitute an offer to sell or the solicitation of an offer to buy nor shall there be any sale of the securities in the United States or any jurisdiction in which such offer, solicitation or sale would be unlawful.

Additionally, there are known and unknown risk factors which could cause the Company's actual results, performance or achievements to be materially different from any future results, performance or achievements expressed or implied by the forward-looking information contained herein. All forward-looking information herein is qualified in its entirety by this cautionary statement, and the Company disclaims any obligation to revise or update any such forward-looking information or to publicly announce the result of any revisions to any of the forward-looking information contained herein to reflect future results, events or developments, except as required by law. Some of the risks and other factors that could cause actual results to differ materially from those expressed in forward-looking information expressed in this press release include, but are not limited to: obtaining and maintaining regulatory approvals including acquiring and renewing U.S. state, local or other licenses, the uncertainty of existing protection from U.S. federal or other prosecution, regulatory or political change such as changes in applicable laws and regulations, including U.S. state-law legalization, market and general economic conditions of the cannabis sector or otherwise.