

FORM 7

MONTHLY PROGRESS REPORT

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

Trading Symbol: **EAT**

Number of Outstanding Listed Securities: **248,637,877**

Date: **April 3, 2017**

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 the press release dated March 17, 2017, the Company announced a sales update from its Pueblo facility in Colorado. Palo Verde, the Company's licensed tenant in Colorado shipped a large order of FLI cartridges to LivWell. The subsequent MIPs products being introduced are FLI-branded disposable vape pens and gelatin capsules, which can be manufactured using the current infrastructure at the Pueblo facility. The team has also began formulating innovative edible products that will be manufactured at the Pueblo facility once the chocolate enrobing equipment has been installed and properly calibrated. The edible products are expected to be introduced in the Spring of 2017.

In the press release dated March 24, 2017, the Company clarified its sales update. Palo Verde did not deliver the cartridges to LivWell and will direct the cartridges to other customers. The order had been conveyed to Palo Verde by a third-party sales group who falsely processed the order as being destined to LivWell, and had represented that LivWell had approved the use of its name in the March 17, 2017 press release. The sales group in question is no longer associated with Palo Verde and legal action is being considered against the third-party sales group.

In the press release dated March 27, 2017, the Company announced closing an acquisition of a real estate property in The City of La Pine located in Deschutes County, Oregon where the Company intends to extract cannabis oil and manufacture cannabis infused products. The Company acquired the property for approximately US\$404,925, which was paid for in cash. The Company is in the advanced stages of an application process to manufacture cannabis concentrates and edibles with the Oregon Liquor Control Commission ("OLCC") in relation to the property. In the same press

release, the Company provided and update on its Oregon licensing and construction timeline and business plan.

2. 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 marijuana-infused edible products and oil extracts sectors for medical and adult recreational use. The Company works exclusively in U.S. states where such activity is permitted and regulated by state law, through entities which hold a valid US state license to produce marijuana-infused edible products and to distribute, and dispense marijuana product.

In this regard, among other duties, management has been undertaking the following:

- working with Palo Verde to develop and evaluate options that will further allow Palo Verde to increase its capacity
- working/collaborating with Lakeside Minerals Inc. to build medical and adult use cultivation facilities in Colorado and Nevada, in accordance with applicable state law
- working on rolling out its flagship line of products under the brand name, FLI
- development of manufacturing processes
- developing marketing plans and product ideas
- pursuing branding and licensing opportunities
- recruitment of personnel.

The Issuer is actively pursuing expansion opportunities in various other US states and Europe. 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 way that expansion efforts provide the quickest way to enter the market to introduce the Company's products and provide the highest rates 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.

None.

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.

As per the press release dated March 27, 2017, the Company announced closing an acquisition of a real estate property in The City of La Pine located in Deschutes County, Oregon. The Company acquired the property for approximately US\$404,925, which was paid for in cash. The cash payment was made to a person not related to the Company.

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

None.

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.

10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

None.

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

None.

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.

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

None.

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

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾
Common Shares	1,863,729	Exercise of warrants	\$128,616.45 Working capital

(1) State aggregate proceeds and intended allocation of proceeds.

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

None.

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

None.

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

The Company's marijuana business involves certain risks and uncertainties that are inherent to the Company's industry. Please refer to the "Risk Factors" section of the Amended and Restated Prospectus dated February 13, 2015 which is available on SEDAR at www.sedar.com.

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 CNSX 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 CNSX Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated **April 3, 2017.**

David Posner
Name of Director or Senior Officer

"David Posner"
Signature

Chairman
Official Capacity

Issuer Details Name of Issuer Nutritional High International Inc.	For Quarter Ended	Date of Report YY/MM/D 2017/04/03
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City/Province/Postal Code Toronto, ON M5K 1H1	Issuer Fax No. ()	Issuer Telephone No. (647) 985-6727
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