

NUTRITIONAL HIGH INTERNATIONAL INC.

NOTICE AND ACCESS NOTIFICATION TO SHAREHOLDERS

ANNUAL GENERAL MEETING OF SHAREHOLDERS TO BE HELD ON MAY 25, 2017

You are receiving this notification because Nutritional High International Inc. (the “**Corporation**”) has decided to use the notice and access model (“**Notice and Access**”) for the delivery of meeting materials to its shareholders in respect of its annual general meeting of shareholders to be held on May 25, 2017 (the “**Meeting**”).

Under Notice and Access, shareholders receive a proxy or voting instruction form (“**VIF**”), as applicable, enabling them to vote at the Meeting. However, instead of receiving paper copies of the Corporation’s notice of annual general meeting of shareholders and management information circular (the “**Meeting Materials**”), shareholders receive this notice with information on how they may access the Meeting Materials electronically. The use of this alternative means of delivery is more environmentally friendly as it will help reduce paper use and it will also reduce the Corporation’s printing and mailing costs.

MEETING DATE AND LOCATION

When:	Thursday, May 25, 2017	Where:	77 King Street West
	10:00 a.m. (Toronto time)		Suite 3000
			Toronto, ON M5K 1G8

SHAREHOLDERS WILL BE ASKED TO VOTE ON THE FOLLOWING MATTERS:

- **Election of Directors:** To elect directors of the Corporation for the ensuing year. See the section entitled “**Particulars of Matters to be Acted Upon – Election of Directors**” in the information circular.
- **Appointment of Auditor:** To appoint Collins Barrow Toronto LLP, Chartered Accountants, as auditors of the Corporation for the ensuing year and to authorize the directors to fix their remuneration. See the section entitled “**Particulars of Matters to be Acted Upon – Appointment of Auditor**” in the information circular.

SHAREHOLDERS ARE REMINDED TO VIEW THE MEETING MATERIALS PRIOR TO VOTING.

WEBSITES WHERE MEETING MATERIALS ARE POSTED

Meeting Materials can be viewed online under the Corporation’s profile at www.sedar.com or on the Corporation’s website, via the following link www.nutritionalhigh.com.

HOW TO OBTAIN PAPER COPIES OF THE MEETING MATERIALS

Shareholders may request paper copies of the Meeting Materials be sent to them by postal delivery at no cost to them. Requests may be made for up to one year from the date the Meeting Materials were filed on SEDAR by:

- contacting CST Trust Company at 1-888-433-6443 or fulfilment@canstockta.com prior to May 4, 2017 we will send them within three business days of your request. You should take into account the three-business day period for processing requests as well as the typical mailing times for letter-post mail suggested by Canada Post (i.e., two to four business days for Canadian addresses, four to six business days for U.S. addresses and four to seven business days for other addresses).

- mailing a request to:

Corporate Secretary
Nutritional High International Inc.
77 King Street West
Suite 2905
Toronto, Ontario M5K 1H1

The Corporation is not using “stratification” and is sending this notice of its intention to employ Notice and Access to ALL shareholders, registered and beneficial shareholders.

VOTING

Registered Holders are asked to return their **proxies** using the following methods by the proxy deposit date noted on the proxy:

Internet: Go to www.cstvotemyproxy.com and follow the instructions

Email: to proxy@canstockta.com.

Facsimile: Fax to CST Trust Company at 416-368-2502 or toll free in Canada and United States to 1-866-781-3111.

Mail: Complete the form of proxy, sign it and mail it to the **Proxy Department** at:

CST Trust Company
P.O. Box 721
Agincourt, ON M1S 0A1

Beneficial Holders are asked to return their **VIFs** using the following methods at least one business day in advance of the proxy deposit date noted on the VIF:

Internet: See the VIF for details

Mail or Facsimile: Complete the VIF, sign it and return it to the address provided on the form, or fax it to the number provided on the form.

Shareholders with questions about notice and access can call toll-free to 1-888-433-6443