

**iNsu INNOVATIONS GROUP INC.
(The “Company”)**

November 10, 2000

CDNX TRADING SYMBOL: INU

NEWS RELEASE

APPOINTMENT OF A NEW CEO AND OF A NEW CFO

Mr. Stanley Ma, Chairman of the Board, is proud to announce the appointment of Mr. Stephen A. Stone (presently Director of the Company) of New Jersey as CEO of the Company effective immediately. Mr. Stone will have full responsibility of the Company. The Company also announces that Mr. Robert Barakett, the CFO of the Company has left the Company to pursue other endeavors and a replacement will be announced within the next few days.

Mr. Stone is highly acclaimed for his work both in the high tech and financial markets. Responsibilities of Mr. Stone include implementing an effective business plan ensuring the achievement of the Company objectives, and strengthening the overall financial position of the Company. Management is very confident that Mr. Stone 's extensive experience and knowledge will add a new dimension to the stewardship to the Company.

iNsu Innovations Group Inc. operates within two strong and steadily growing industries, Information Technology and Franchise Restaurants. The Company is set on a steady course of expansion within both divisions, through both strategic acquisitions and alliances.

iNsu INNOVATIONS GROUP INC.

STANLEY MA, CHAIRMAN OF THE BOARD

For more information contact Winston Yau at 514-339-9900 extension 286 or visit our website: www.insugroup.com or e-mail us at info@insugroup.com

This news release was prepared by management who takes full responsibility for its contents. The Canadian Ventures Exchange neither approves nor disapproves the contents of this news release.