

iNsu INNOVATIONS GROUP INC.

3465 Thimens Blvd.
Ville St. Laurent, Quebec
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(the "Company")

February 21, 2002

CDNX Trading Symbol: "INU"

NEWS RELEASE

**PROPOSED SHARE ACQUISITION OF 100% OF
CROISSANT + PLUS AND PIZZALINO**

The Company is pleased to announce that its wholly-owned subsidiary Fontaine Santé Canada Inc. ("FS") after its most recent acquisition of "La Cremiere" on December 10, 2001, has entered into a binding agreement to purchase all of the issued and outstanding shares of 3100511 Canada Inc. ("Parent Vendor") and the tradenames or trademarks "Croissant + Plus" and "Pizzalino" from 3003825 Canada Inc. ("Vendor") of Montreal, Quebec, for an all cash undisclosed amount. There are presently 21 outlets in Quebec, with 17 franchised outlets and 3 corporately owned outlets operating under the tradename "Croissant+Plus", and 1 corporately owned outlet operating under the tradename "Pizzalino". Majority of the outlets are located in Quebec for the retail sale of gourmet coffees, soups, sandwiches, salads, baked goods and juices, etc. System-wide sales for the last fiscal year were over \$5 million with future growth potential, which will enhance the Company's existing line of quick service restaurant business.

Following the acquisition, Croissant + Plus's president and chief executive officer, Tony M.R. Vanvari, will become Vice-President of operation of FS, responsible for the Company's subsidiary "Croissant + Plus", "Pizzalino", "Panini Pizza-Pasta" and "Veggirama".

The closing of the acquisition is subject to the completion of certain conditions precedent.

The proposed acquisition does not represent a reverse take-over or change in business of the Company. The acquisition of Croissant + Plus and Pizzalino will complement and expand the Company's existing fast food franchise chain operations, and bring the Company's restaurant division's system-wide annual sales to over \$55 million, with over 245 outlets across the country.

**On Behalf of the Board of Directors of
iNsu Innovations Group Inc.**

Stanley Ma, Chairman of the Board

For more information contact Murat Armutlu, CFO at 514 339 9900 ex. 234 or Winston Yau, President at 514 339 9900 ex. 286 or visit our website: www.insugroup.com or email info@insugroup.com

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