

iNsu INNOVATIONS GROUP INC.  
(The "Company")

December 20, 2000

CDNX TRADING SYMBOL: INU

**NEWS RELEASE**

**RESIGNATION OF DIRECTOR**

The Management of the Company wishes to announce the resignation of Mr. Jeffrey Mandel as Director of the Company. Potential candidates are being reviewed by the Board of Directors to quickly fill this position.

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.**

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**WINSTON YAU, PRESIDENT/DIRECTOR**

For more information contact Winston Yau at 514-339-9900 extension 286 or visit our website: [www.insugroup.com](http://www.insugroup.com) or e-mail us at [info@insugroup.com](mailto: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.