

iNsu INNOVATIONS GROUP INC.

(The “Company”)

February 4, 2002

CDNX TRADING SYMBOL: INU

GOLD TECH EXPANDS INTO THE WEST COAST

The Company’s wholly owned subsidiary, Gold Tech Computer Systems Ltd. (“Gold Tech”) today announced the opening of Gold Tech Vancouver, its first West Coast office, in Vancouver, B.C.

“The expansion of Gold Tech Vancouver office in the West Coast was a prudent decision because we have a strong base of clients in Vancouver,” says Gold Tech President Winston Yau. “We concluded that now was the right time to expand our IT business. There are many indications that the technology sector and the economy in general is growing healthy again, putting us in an excellent position to be a part of the inevitable economic upswing.”

“Canadian businesses will increasingly need quality professional IT services as the economy continues to recover and flourish,” says Geoff Lindorff, Gold Tech Vancouver Vice President of B.C. Operations. “Gold Tech’s mission is to be a strong IT resource for businesses to draw upon and benefit from our years of technical experience and expertise.”

Mr. Lindorff, who will head Gold Tech Vancouver, has over 17 years of management and executive experience in the IT industry and has established a very respectable reputation amongst his peers. In 1999, Mr. Lindorff was an Ernst & Young Entrepreneur of the Year nominee. He has also been named as the sole Canadian representative on the exclusive Novell Channel Council and the Novell Preferred Service Advisory Council.

“We believe Mr. Lindorff and his team are an excellent addition to Gold Tech. Mr. Lindorff’s excellent reputation in the business, innovative ideas and extensive executive experience will greatly benefit Gold Tech,” says Mr. Yau

Gold Tech Vancouver is located at Suite 110, 4400 Dominion Street, Burnaby, BC, V5G 4G3, phone number (604) 435-1250, and Gold Tech Vancouver will provide professional IT consulting services to small, medium and large sized clients across Canada.

Management believes Gold Tech now has the expertise and scale to bid and attract larger and higher margin consulting contracts and no longer has to turn down such opportunities as was done in the past due to a lack of resources.

The Company has agreed to grant to employees of Gold Tech Vancouver, incentive stock options under the 2000 Stock Option Plan, for the purchase of up to 85,000 common shares of the Company at an exercise price of \$0.35 per share, with a minimum hold period of four (4) months, vested and exercisable within a two (2) years period.

About iNsu INNOVATIONS GROUP INC.

The Company is presently concentrated on two strong and steadily growing industries: Information Technology and quality quick-service restaurant franchising. The Company with over \$2.5 million dollars cash on hand with minimal debt after its most recent acquisitions is continuously exploring its two core operating divisions, through strategic acquisitions and alliances to become recognized leaders in both fields.

About GOLD TECH COMPUTER SYSTEMS LTD.

Gold Tech Computer Systems Ltd. provides custom information technology (IT) services for small, medium and large businesses. Gold Tech's solutions are designed to help businesses better utilize IT to their advantage and increase productivity and profitability while reducing IT management costs. Strong partnerships with IT industry leaders Microsoft, Novell, Computer Associates, Cisco and others enhance Gold Tech's effective IT design, consulting, integration and management services. Established in 1983, Gold Tech has offices in Montreal, Toronto and Vancouver.

iNsu INNOVATIONS GROUP INC.

Winston Yau, President/Director

For more information please contact Winston Yau at 514 339 9900 ex. 286 or visit our website: www.insugroup.com or email us at: 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 of this news release.
