

***INSU INNOVATIONS GROUP INC.***  
3465 Thimens, Ville St. Laurent, Quebec, H4R 1V5  
(the "Company")

July 20, 2001

CDNX Trading Symbol: "INU"

**NEWS RELEASE**

***OPTION GRANTED***

iNsu Innovations Group Inc. ("the Company") has agreed to grant to a service provider of the Company, incentive stock options under the 2000 Stock Option Plan, for the purchase of up to 200,000 common shares of the Company at an exercise price of \$0.35 per share, with a minimum hold period of four-months, exercisable within a two year period.

**ON BEHALF OF THE BOARD OF DIRECTORS**

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Winston Yau, President

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.