

**iNsu INNOVATIONS GROUP INC.
(The "Company")**

March 5, 2003

TSX-V TRADING SYMBOL: INU

NEWS RELEASE

RESTAURANT DIVISION EBITDA UP 40% FOR 2002 YEAR END

Insu Innovations Group Inc. (TSX-V: INU), a quick service restaurant chain franchisor and operator and a one-stop information technology solution and hardware provider, today reported its financial and operating results for the fiscal year ending November 30, 2002.

During the fiscal year ended November 30, 2002, the Company reported a record net earnings of \$955,802 or \$0.06 per share compared to a net earnings of \$888,352 or \$0.06 per share for the same period last year. Included in net earnings for the current year is \$589,695 of income from discontinued operations resulting from a reevaluation of the provision recorded by the Company in 2000 related to the costs of terminating its operations in China.

For the fiscal year ending November 30, 2002 the Company's EBITDA has also increased by \$ 99,616, or 7% for the fiscal year ending November 30, 2002 to \$1,431,421 from \$1,331,805 a year ago.

During this past year, the restaurant and franchising division was extremely successful achieving record revenues of \$8.90 million for the fiscal year ending November 30, 2002. EBITDA for the restaurant division increased by an overwhelming 40% during the year to \$2.15 million from \$1.54 million in 2001. As of November 30, 2002, the restaurant division dramatically increased the number of outlets operating throughout Canada to 260, compared to 154 outlets in 2001.

Despite the continued economic slowdown and other related factors in the technology sector, the technology division revenues increased by 21% to \$ 11.25 million for the year ending November 30, 2002 from \$ 9.29 million a year ago. EBITDA for the technology division decreased by \$654,464 to (\$645,923) from \$8,541 for 2001. This increase in revenues yet the significant loss from operations is mainly attributed to the operations of its Vancouver office and other related operating factors. Management of this division is taking action to close the Vancouver office.

The Company had as at November 30, 2002, \$4.92 million of cash and temporary investments compared to \$4.32 million as of November 30, 2001.

Management is aggressively but prudently looking for future growth opportunities for expansion in the restaurant and franchising division in order to have an even better year next year.

iNsu INNOVATIONS GROUP INC.

Winston Yau
President and Director

For more information contact Murat Armutlu at 514 339 9900 ex. 234 or visit our website: www.insugroup.com or e-mail us at info@insugroup.com -- The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release.