

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

November 13, 2000

CDNX Trading Symbol: "INU"

NEWS RELEASE

OPTION GRANTED

iNsu Innovations Group Inc. ("the Company") has agreed to grant to employees, Directors, and other service providers 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 \$0.50 per share, with a minimum hold period of four-months, exercisable within a one to a three year period.

ON BEHALF OF THE BOARD OF DIRECTORS

Winston Yau, President

For more information contact Winston Yau at 514-339-9900 extension 286 or visit our website: www.insugroup.com or e-mail us at 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.