

iNsu INNOVATIONS GROUP INC.  
(The "Company")

October 22, 2002

TSX-V TRADING SYMBOL: INU

**NEWS RELEASE**

***~ OUTSTANDING RESULTS FOR THIRD QUARTER OF 2002 ~***

iNsu Innovations Group Inc., 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 nine-month period ended August 31, 2002.

The Company is proud to announce that consolidated revenues for the first nine months of operations have increased from \$11.7 million to \$14.9 million, representing an increase of 27% for the same period of last year. EBITDA has rose to \$1.435 million from \$864,478. Net profits for the nine months of operations has increased to \$391,959 or \$0.02 per share from \$76,679 or \$0.00 per share over the same period in fiscal 2001, representing an outstanding and sharp increase of \$315,280 on its bottom line.

The increase in profits is attributable to the Company's restaurant division superior and outstanding performance. Restaurant's division revenues has increased to \$6.3 million for nine months of this year as compared to \$4.6 million for the same period of last year, representing an increase of 37%. First nine months of operating profits has substantially increased to \$1.51 million from \$884,000 for the same period of last year.

Revenues generated from the Company's information technology division for the nine months rose to \$8.5 million from \$7.1 million, representing an increase of 20% for the same period of last year, but, have suffered an operating losses of \$276,667 as compared to a loss of \$153,653 for the same period last year. The losses are a result of the start-up costs of Gold-Tech's Vancouver operations, which was started in December of 2001.

The Company has as of the end of August 31, 2002 \$5.1 million of cash, term deposits and marketable securities as compared to \$3.7 million for the same period of last year.

After the Company most recent acquisition of "La Cremiere" on December 10, 2001 and "Croissant + Plus" on September 1, 2002, the Company has announced that it has entered into a binding agreement to purchase all of the issued and outstanding shares of Cultures International Food Inc. and the tradenames and trademarks of "Cultures". Upon closing of the above acquisition, the Company's restaurant division system-wide annual sales will excess \$65 million, with over 280 outlets across Canada.

**On Behalf of the Board of Directors of  
iNsu INNOVATIONS GROUP INC.**

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STANLEY MA, CHAIRMAN OF THE BOARD

For more information contact Murat Armutlu, CFO at 514-336-8885 extension 234 or visit our website: [www.insugroup.com](http://www.insugroup.com) or e-mail us at [info@insugroup.com](mailto:info@insugroup.com)

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