

iNsu INNOVATIONS GROUP INC.
(the “Company”)

September 3, 2002

CDNX TRADING SYMBOL: INU

NEWS RELEASE

CLOSED ACQUISITION OF CROISSANT + PLUS

The Company’s wholly owned subsidiary, Fontaine Sante Canada Inc., has closed the acquisition of all of the issued and outstanding shares of 3100511 Canada Inc, carrying on business in Quebec under the tradename of “Croissant + Plus”, as previously announced on February 21, 2002. The acquisition will bring the Company’s restaurant division’s system-wide sales revenue to over \$55 million, with over 250 outlets across the country.

Croissant + Plus operates a network of 18 franchised outlets and 2 corporately owned outlets in Quebec for the sale of gourmet coffees, croissants, soups, sandwiches, salads, baked goods, juices and other related products.

Prior to acquisition of Croissant + Plus, the Company’s restaurant division operated 17 corporately owned quick-service restaurant outlets and 213 franchised quick-service restaurant outlets in Canada under banner names as: CafeRama, Au Vieux Duluth Express, La Cremiere, Panini Pizza-Pasta, Sukiyaki-a Japanese delights, Tiki Ming-Chinese cuisine, Veggirama-healthy delights, Chick n Chick, Franx Supreme, all quick service restaurants that tend to fare well during economic slumps. The Company’s restaurant division’s size and leadership in its markets is a well-kept secret, because the Company has expanded through acquisitions. The Company seeks to leverage its expertise and distribution channels nationwide, especially in Quebec, where it enjoys a high level of recognition.

The Company with over \$4 million dollars cash on hand with minimal debt after its most recent acquisitions is continuously exploring all opportunities for strategic growth by acquisition or strategic alliances and joint ventures.

**On Behalf of the Board of Directors of
iNsu Innovations Group Inc.**

Stanley Ma, Chairman of the Board

For more information contact Murat Armutlu at 514 339 9900 ext. 234 or visit our website: www.mtygroup.com or email murat@insugroup.com

This news release was prepared by management who takes full responsibility for its contents. The TSX Venture Exchange neither approves nor disapproves the contents of this news release.