

Global Wellness Strategies Effervescent Cannabis Products Approved to Launch

GWS Achieves Major Milestone Partnering with Hempsana Holdings

Vancouver, British Columbia, October 31, 2022 – Global Wellness Strategies Inc. (CSE: GWS) (Frankfurt: O3X4) (OTCQB: GWSFF) ("Global" or the "Company") announces that our hemp derived CBD, CBG, CBN infused effervescent powder sleeves and tablets have been approved by the Ontario Cannabis Store (OCS).

"The GWS cannabis hemp-rich effervescent powders and tablets will be available to the Ontario cannabis market through the Ontario Cannabis Store ("OCS") and Ontario retail dispensaries. This approval marks a new milestone for the Company, and launching 6 products in 2 bundled SKUs to add to the already fabulous products offered at the OCS adds tremendous credibility to our products. Helping people be their brightest has always been our goal and reaching new consumers is very exciting for us." said Meris Kott, CEO Global Wellness Strategies Inc.

The GWS Dissolvable Nano Fizz Powder sleeves plus our Daily Fizz Tablets have both been approved by the OCS and will be available end of the year. The tablets and powder sleeves dissolve quickly in a glass or container of liquid hot or cold, adding effervescence and flavor, and are an excellent way to supplement a healthy diet with an array of complementary and synergistic ingredients. The powder sleeves are infused with 12 mg of 3 hemp derived cannabinoids in 3 flavors; citrus cannabidiol (CBD), berry cannabigerol (CBG), and grape cannabinol (CBN). The effervescent Fizz tablets are offered in the same 3 flavors and infused with 12 mg of CBD, CBG, and CBN. GWS' IP nano-technology formula creates an on-the-go option for hemp-derived consumer products. the Company will have a boots on the ground campaign launch at each dispensary with a brand ambassador to educate budtenders. Details of launch dates will be announced closer to the products coming on-line with the OCS. All processing will be at Hempsana Holdings Ltd. facilities.

"Extremely excited for the upcoming launch of several new innovative products with GWS that will provide consumers with health and wellness products to support their daily wellness regimens." Stated Rand Ko, CEO, Hempsana Holdings Ltd.

About Hempsana Holdings Ltd.

The Company's business involves the manufacturing of major and minor cannabinoid derivatives and producing cannabis extracts for use in finished products, including topical creams, vape pens and other infused consumables and edibles. Hempsana's Health Canada Standard Processing Licensed, and EU-GMP compliant facility provides the Company with access to wholesale and retail channels in Canada and internationally.

About Global Wellness Strategies:

Global Wellness Strategies is a prospect generator that provides high growth companies with financial, operational, and management assistance in the fast-growing market for wellness consumer products. The focus of the Company is on global wellness, psychedelics, mycology, hemp and CBD, healthcare-related target companies.

For further information visit websites:

www.globalwellnessstrategies.com

Or Contact Meris Kott CEO 604.484.0355 or email to info@globalwellnessstrategies.com

Further information about the Company is available on www.SEDAR.com under the Company's profile.

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