

PUF VENTURES INC.

NEWS RELEASE

PUF Ventures Announces Stock Option Grant

Vancouver, British Columbia / TheNewswire / September 22, 2016 – PUF Ventures Inc. (“PUF” or the “Company”) (CSE: PUF) (Frankfurt: HR2P) (OTCPK: PUFXF) announces that it has granted incentive stock options to purchase a total of 1,400,000 common shares at an exercise price of \$0.18 per share for a period of two years to its directors, officers and consultants in accordance with the provisions of its stock option plan.

About PUF Ventures Inc.

PUF Ventures Inc. is moving into the Medical Marijuana sector by purchasing a 100% interest in AAA Heidelberg, a private Ontario company that is in the process of applying for a MMPR license. Although the Company cannot guarantee nor estimate the timing for the issuance of a license to AAA Heidelberg, it is PUF’s goal to become the next publicly traded Canadian company to be granted a new medical marijuana production license.

VapeTronix, a wholly owned subsidiary of the Company, is in the process of expanding its 1313 brand of electronic cigarettes and associated technologies.

ON BEHALF OF THE BOARD OF DIRECTORS

Derek Ivany
President & CEO

No stock exchange or securities regulatory authority has reviewed or accepted responsibility for the adequacy or accuracy of this release.

Some of the statements contained in this release are forward-looking statements, such as estimates and statements that describe the Issuer’s future plans, objectives or goals, including words to the effect that the Issuer or management expects a stated condition or result to occur. Since forward-looking statements address future events and conditions, by their very nature, they involve inherent risks and uncertainties.

Suite 804 – 750 West Pender Street

Vancouver, BC, V6C 2T7

T: (647) 241-4767 / F: (604) 685-6905 / W : www.pufventures.com