Body and Mind Inc. Reports Premium Flower Test Over 30% THC

VANCOUVER, Nov. 20, 2018 /CNW/ - Body and Mind Inc. (CSE: BAMM) (US OTC: BMMJ) (the "Company" or "BaM") is pleased to report record testing results from the most recent harvest in Nevada.

The company has received testing results from NVCAN Laboratory detailing THC content of the recently harvested Hardcore OG strain at 30.5 % THC.

"Body and Mind has been recognized as a premium quality cultivator since we started growing and producing medical cannabis roughly 4 years ago," stated Robert Hasman, a director at BaM. "Our dried flower strains typically achieve testing in the mid twenty per cent THC range and contains strong terpene profiles. While THC is only one measure of cannabis quality, this achievement has received very positive feedback from dispensaries and customers. This record result is an indication of our deep experience combined and efficiencies from our completed Phase II renovation."

The company completed Phase II renovation to improve efficiency and increase cultivation space in early 2018. The first harvest from the increased Phase II space has been completed and will be sold in November. The company has completed the transition to a perpetual harvest system which produces dried flower on a consistent basis and reduces costs throughout the cultivation process.

Body and Mind edibles continue to be popular items and the company has increased the product offerings based on feedback from buyers and customers. Infused pretzel bites with caramel and chocolate are one of the more popular edibles and additional options including peppermint and white chocolate will be available shortly. Body and Mind will be relaunching the popular infused beef jerky edibles with flavours with a choice of Teriyaki and Siracha flavors. The company has commenced manufacturing LucidMood pens and is in the process of finalizing the production process. Sales of LucidMood vape pens are anticipated throughout Nevada in early December.

Neither the Canadian Securities Exchange nor its Regulation Services Provider (as that term is defined in the policies of the Canadian Securities Exchange) accepts responsibility for the adequacy or accuracy of this release.

About Body and Mind Inc.

BaM is a publicly traded company investing in high quality medical and recreational cannabis cultivation and production and retail. Our wholly-owned Nevada subsidiary was awarded one of the first medical marijuana cultivation licences and holds cultivation and production licenses in Nevada and partial ownership of a production and dispensary license in Ohio. BaM products include dried flower, edibles, topicals, extracts as well as GPEN Gio cartridges. BaM marijuana strains have won numerous awards including the Las Vegas Hempfest Cup 2016, High Times Top Ten, the NorCal Secret Cup and the Emerald Cup.

Body and Mind continues to expand operations in Nevada and Ohio and is constantly reviewing accretive expansion opportunities.

Safe Harbor Statement

Except for the statements of historical fact contained herein, the information presented in this news release constitutes "forward-looking statements" as such term is used in applicable United States and Canadian laws. These statements relate to analyses and other information that are based on forecasts of future results, estimates of amounts not yet determinable and assumptions of

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Certain matters discussed in this news release and oral statements made from time to time by representatives of the Company may constitute forward-looking statements. Although the Company believes that the expectations reflected in such forward-looking statements are based upon reasonable assumptions, it can give no assurance that its expectations will be achieved. Forward-looking information is subject to certain risks, trends and uncertainties that could cause actual results to differ materially from those projected. Many of these factors are beyond the Company's ability to control or predict. Important factors that may cause actual results to differ materially and that could impact the Company and the statements contained in this news release can be found in the Company's filings with the Securities and Exchange Commission. The Company assumes no obligation to update or supplement any forward-looking statements whether as a result of new information, future events or otherwise. This press release shall not constitute an offer to sell or the solicitation of an offer to buy securities.

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