



LifestyleDeliverySystem Inc.

CSX : LDS

OTCQB : LDSYF

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Lifestyle Delivery Systems Inc. Appoints President and Director

Vancouver, British Columbia, Canada, November 4, 2015, Lifestyle Delivery Systems Inc. (CSE: LDS; OTCQB: LDSYF) ("LDS" or the "Company") is pleased to announce that its board of directors have appointed James Pakulis as the Company's President and Director. Mr. Chiu has resigned his position as a director of the Company. The Company expresses its appreciation to Mr. Chiu and thanks him for his invaluable contributions over his tenure. The board of directors of the Company currently consists of Herrick Lau, Brad Eckenweiler, James Pakulis and David Velisek.

James Pakulis, President and Director

Mr. Pakulis has three decades of experience working with public and private entrepreneurial companies in a variety of emerging and high-growth sectors including the cannabis industry. From 2010 to 2012 Mr. Pakulis was Chairman and Chief Executive Officer of General Cannabis, Inc. which grew from zero to over \$16 million in annual revenue in less than two years. Mr. Pakulis was responsible for all aspects of corporate management including strategy development and execution, operations, mergers and acquisitions, real estate transactions, finance/accounting, legal and human resources. Mr. Pakulis is a skilled leader, negotiator and consensus builder. Other industries in which Mr. Pakulis has been involved in include technology, housing, real estate, healthcare, mortgage services and financing. Mr. Pakulis is currently CEO and Chairman of Wisdom Homes of America, Inc.

About Lifestyle Delivery Systems Inc.

The Company's technology produces infused strips (similar to breath strips) that are not only a safer, healthier option to smoking but also a new way to accurately meter the dosage and assure the purity of the product. From start to finish, the production process tests for quality and composition of all the ingredients used in each and every strip, resulting in a delivery system that is safe, consistent and effective.

On behalf of the board of directors of Lifestyle Delivery Systems Inc.

"Brad Eckenweiler"

Brad Eckenweiler
CEO & Director

FOR MORE INFORMATION, PLEASE CONTACT:

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Cautionary Disclaimer Statement:

The Canadian Securities Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of the content of this news release.

This news release contains forward-looking statements relating to the completion of the listing of the Company's shares on the Canadian Securities Exchange and other statements that are not historical facts. Forward-looking statements are often identified by terms such as "will", "intend", "anticipate", and similar expressions. All statements other than statements of historical fact, included in this release are forward-looking statements that involve risks and uncertainties. There can be no assurance that such statements will prove to be accurate and actual results and future events could differ materially from those anticipated in such statements. Important factors that could cause actual results to differ materially from the Company's expectations include the failure to satisfy the conditions of the Canadian Securities Exchange and other risks detailed from time to time in the filings made by the Company with securities regulations.

The reader is cautioned that assumptions used in the preparation of any forward-looking information may prove to be incorrect. Events or circumstances may cause actual results to differ materially from those predicted, as a result of numerous known and unknown risks, uncertainties, and other factors, many of which are beyond the control of the Company. The reader is cautioned not to place undue reliance on any forward-looking information. Such information, although considered reasonable by management at the time of preparation, may prove to be incorrect and actual results may differ materially from those anticipated. Forward-looking statements contained in this news release are expressly qualified by this cautionary statement. The forward-looking statements contained in this news release are made as of the date of this news release and the Company will update or revise publicly any of the included forward-looking statements as expressly required by applicable law.