



**Lifestyle Delivery Systems Inc.**

**CSE : LDS**

**OTCQB : LDSYF**

**Canna Delivery Systems Inc.'s Licensee, Healthy Asylum Inc., Completes Manufacturing Samples of Canna Strips for the Medical Marijuana Market.**

Vancouver, British Columbia, Canada, February 23, 2016, Lifestyle Delivery Systems Inc. (CSE: LDS, OTCQB: LDSYF) through its wholly owned subsidiary, Canna Delivery Systems Inc., (CDS) is pleased to announce that its licensee, Healthy Asylum Inc., has completed an automated production run of CannaStrips CBD formula which will be used for samples and will be distributed to health care professionals for evaluation among their patients.

The samples are intended to allow individual patients to experience the simple, non-intrusive, discrete and easy method of cannabinoid medication using the CannaStrips technology. This production run was continuous for 2 hours at approximately 10% manufacturing capacity, which yielded just over 400 feet of two single inch wide strips approximately 10,000 total strips.

Brad Eckenweiler, CEO of LDS stated, "This production run by Healthy Asylum is a significant step to realizing the Company's ultimate goal of providing our licensees with capabilities for large production and supporting the expanded commercialization of the CannaStrip brand."

**About Lifestyle Delivery Systems Inc.**

LDS' 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  
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.

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