



**Lifestyle Delivery Systems Inc.**

**CSE : LDS**

**OTCQB : LDSYF**

## **LIFESTYLE DELIVERY SYSTEMS GRANTS OPTIONS TO OFFICERS AND DIRECTORS**

Vancouver, British Columbia, Canada, July 13, 2016, Lifestyle Delivery Systems Inc. (CSE: LDS; OTCQB: LDSYF and XETR: LD6) ("LDS" or the "Company") announces that it has granted options to purchase up to 3,405,595 common shares to its executive officers and directors. The options granted may be exercised at a price of \$0.12 per share and expire on July 13, 2017.

### **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  
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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