



Lifestyle Delivery Systems Inc.

CSE : LDS

OTCQB: LDSYF

XETR: LD6

Lifestyle Delivery Systems Inc. announces listing on Borse Frankfurt Exchange

Vancouver, British Columbia, Canada, July 29, 2016, Lifestyle Delivery Systems Inc. (CSE: LDS and OTCQB: LDSYF) is pleased to announce that the Company is now listed on the Borse Frankfurt Exchange in Germany under the trading symbol LD6, WKN number A14XHT.

The Company believes that this is an early step in its brand recognition efforts to present the Company and the benefits of CannaStrips to a population that is extremely influential in the European Community. The acceptance of cannabis and its medical benefits have been increasingly favourable in the European Community, a fact which is not lost on Brad Eckenweiler the Company's CEO who stated "Our intension is only to enunciate the conversation of healthier delivery methods for cannabinoids both with regulators and individuals. We are hopeful that the more information people have about CannaStrips the more likely it is that positive cannabinoid regulatory changes in Europe could follow." The Company intends to take an active roll in promoting the benefits of smokeless cannabinoid therapy worldwide.

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

Information set forth in this news release contains forward-looking statements that are based on assumptions as of the date of this news release. These statements reflect management's current estimates, beliefs, intentions and expectations. They are not

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guarantees of future performance. The Company cautions that all forward looking statements are inherently uncertain and that actual performance may be affected by a number of material factors, many of which are beyond the Company's control. Such factors include, among other things: risks and uncertainties relating to the Company's limited operating history and the need to comply with environmental and governmental regulations. Accordingly, actual and future events, conditions and results may differ materially from the estimates, beliefs, intentions and expectations expressed or implied in the forward looking information. Except as required under applicable securities legislation, The Company undertakes no obligation to publicly update or revise forward-looking information.