

Lifestyle Delivery Systems Grants Options to its CEO and Members of its Newly Established Scientific Advisory Board

Vancouver, British Columbia--(Newsfile Corp. - August 20, 2018) - Lifestyle Delivery Systems Inc. (CSE: LDS) (OTCQX LDSYF) (FSE: LD6) ("LDS" or the "Company") is pleased to announce that Dr. George Taylor, M.D. and Dr. Jonathan Lakey, Ph.D., have agreed to provide the Company with their guidance and expert advice as part of the Company's Scientific Advisory Board.

The Company, Dr. George Taylor, M.D., and Dr. Jonathan Lakey, Ph.D., entered into consulting agreements dated for reference August 15, 2018, and effective May 1, 2018, for an initial period up to December 31, 2018, renewing on a month-to-month basis thereafter. The Company agreed to pay both consultants US\$1,000 per month for their contribution. In addition, the Company granted Dr. Taylor and Dr. Lakey options to acquire up to 35,000 of its common shares in aggregate. The options vested on August 15, 2018, and may be exercised at a price of \$0.58 per share expiring on August 15, 2020.

In addition, on August 15, 2018, the Company granted an option to acquire up to 2,825,820 common shares to its Chief Executive Officer. The option vested immediately and may be exercised at a price of \$0.58 per share expiring on August 15, 2020.

About Lifestyle Delivery Systems Inc.

Lifestyle Delivery Systems Inc. is a technology company that licenses its technology to a state-of-the-art production and packaging facility located in Southern California. The Company's technology produces infused strips (similar to breath strips) that are not only a safer, healthier option to any other form of delivery, but also allows for inclusion of a wide spectrum of ingredients from over the counter medications to homeopathic, nutraceutical, vitamins and supplements. The technology provides a new way to accurately meter the dosage and assure the purity of selected product. From start to finish, the production process, based on the Company's technology, tests for quality and composition of all the ingredients used in each and every strip which results 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.

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 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. In addition, marijuana remains a Schedule I drug under the United States Controlled Substances Act of 1970. Although Congress has prohibited the US Justice Department from spending federal funds to interfere with the implementation of state medical marijuana laws, this prohibition must be renewed each year to remain in effect. 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.