



Lifestyle Delivery Systems Inc.

CSE : LDS

OTCQX : LDSYF

Frankfurt: LD6, WKN: A14XHT

Lifestyle Delivery Systems Inc. to Start Retailing CannaStrips™ at All About Wellness Dispensary

Vancouver, British Columbia, Canada, December 11, 2018, Lifestyle Delivery Systems Inc. (CSE: LDS), (OTCQX: LDSYF), (Frankfurt: LD6, WKN: A14XHT) (“LDS” or the “Company”) is proud to announce that as of Monday, December 10, 2018, CannaStrips™ are available at one of Sacramento’s busiest collectives, *All About Wellness*, the first dispensary to carry the Company’s brand of CannaStrips™ products. CannaStrips™ will retail in packages of ten (10) individual strips.

The Company’s CEO, Brad Eckenweiler, commented, “Our goal has always been to produce a dependable high quality product at an affordable price point. We want to remove any competition from the purchase decision, so that every customer can leave the dispensary with a package of CannaStrips™ without significant impact to their purse or wallet. Based on our formula we feel that CannaStrips™ will be the preferred choice in the strip category. CannaStrips™ discreet, smokeless, odorless delivery allows the formulation to be taken in any situation overcoming the challenges associated with traditional cannabis consumption.”

The CannaStrips™ availability in California is the result of significant effort by the Company in satisfying numerous regulatory challenges. Recently, the Company has improved the efficacy of the CannaStrips™ which will be evident across the entire product line.

A member of *All About Wellness* collective stated, “We are happy to be the first retail dispensary to offer this highly anticipated product to the public. They should fly off the shelves!”

About All About Wellness

All About Wellness is midtown Sacramento's friendliest favorite cannabis dispensary located at 1900 19th Street, Sacramento, CA 95811.

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

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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.