



Lifestyle Delivery Systems Inc.

CSE : LDS

OTCQX : LDSYF

Frankfurt: LD6, WKN: A14XHT

Lifestyle Delivery Systems Inc. Announces CannaStrips™ in Multiple New Stores

Vancouver, British Columbia, Canada, March 21, 2019, Lifestyle Delivery Systems Inc. (CSE: LDS), (OTCQX: LDSYF), (Frankfurt: LD6, WKN: A14XHT) (“LDS” or the “Company”) announces its flagship product, CannaStrips™, has been delivered to multiple new stores.

Last week the Company’s wholly-owned subsidiary, CSPA Group Inc., self-distributed CannaStrips™ into 3 new stores. One of the stores that received CannaStrips™ sold out of the product within several days of receiving the shipment and has placed another order for double the amount received the first time. Rise Distribution has placed a purchase order for CannaStrips™ THC, which is set to be filled and delivered on Monday, March 25, 2019. Rise Distribution is planning to sell CannaStrips™ in their 200+ stores as well as make it available through their home delivery service. Below is a current list of stores that now carry CannaStrips™, with the ones in bold representing new stores that will receive CannaStrips™.

- All About Wellness
- Horizon Collective
- Relief CCR
- Smartweed
- Beverly Hills Collective (BARC)
- **515 Broadway**
- **The Kana Co.**
- **Showgrow**

The Company’s CBD CannaStrips™ have been formulated and are currently in production. Once produced and packaged, the CBD CannaStrips™ will have to go through a 3rd party California State Certified Testing lab prior to being sold. Once successfully tested, the Company will add this product to each of the stores that currently carry THC CannaStrips™, as well as make it available through Rise Distribution channels.

Casey Fenwick, President of LDS, stated, “Every retail store I go into that is selling CannaStrips™ is getting excellent feedback from the growing customer base. The first comment is usually how good the strip tastes compared to any other cannabis product that is taken orally. People are surprised at how little time it takes for them to start feeling effects and how long these effects last. I am hearing people of all ages enjoying the THC version of CannaStrips™, and, with all of the CBD buzz going on, I am very excited to get the CBD CannaStrips™ into people’s hands.”

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About CSPA Group Inc.

The Company is located in Adelanto, California and is a City-permitted and State-Licensed manufacture and distributor/transporter in the California cannabis industry. Manufacturing extracted oils and distillates and producing CannaStripsTM under a license agreement with Lifestyle Delivery Systems Inc. a British Columbian corporation.

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 other forms of delivery but also superior bioavailability of cannabis constituents. Some strips will also include supplemental co-active ingredients such as nutraceuticals, vitamins and peptides. 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.

Lifestyle Delivery Systems Inc.
Brad Eckenweiler
CEO & Director

FOR MORE INFORMATION, PLEASE CONTACT:
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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.