



Lifestyle Delivery Systems Inc.

CSE : LDS

OTCQX : LDSYF

Frankfurt: LD6, WKN: A14XHT

Lifestyle Delivery Systems Inc. Expands its Product Marketing and Corporate Awareness Initiatives

Vancouver, British Columbia, Canada, March 28, 2019, Lifestyle Delivery Systems Inc. (CSE: LDS), (OTCQX: LDSYF), (Frankfurt: LD6, WKN: A14XHT) (“LDS” or the “Company”) announces its new initiatives to expand its marketing for all CSPA Group, Inc.’s product lines and Lifestyle Delivery Systems’ corporate vision and future goals in the cannabis industry. To assist the Company with this initiative the Company has engaged several prominent digital marketing and public relations consultants, including Winning Media, Equity Guru and Stockhouse, as well as The Green Scene Podcast.

The intent of the engagements is to create interest in the CannaStrips™ and Rêveur product lines, as well as educate the market on the larger vision of LDS as a vertically integrated operation from iso-genetic seeds to finished products delivered direct to the customer. The Company together with CSPA Group, Inc. will work closely with its new and existing marketing and public relations consultants to educate the market and promote the Rêveur and CannaStrips™ product lines.

Brad Eckenweiler, CEO of LDS, stated, “A large portion of the market continues to undervalue LDS and is unaware of the stark differences in the LDS operational capabilities and the differences between LDS and those companies with significantly less capabilities, less expertise and limited future growth. We are very confident that our collaboration with Winning Media, Equity Guru, Stockhouse and other marketing consultants will help us share our story and provide more transparency for the market.”

The Company will continue to update the market on all of the developments related to Lifestyle Delivery Systems Inc.

About CSPA Group, Inc.

CSPA Group, Inc. is located in Adelanto, California and is a City-permitted and State-licensed manufacturer and distributor/transporter in the California cannabis industry. Manufacturing extracted oils and distillates, producing CannaStrips™ under a license agreement with Lifestyle Delivery Systems Inc., a British Columbia company.

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

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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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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.