

Lifestyle Delivery Systems Inc. CSE : LDS OTCQX : LDSYF Frankfurt: LD6, WKN: A14XHT

Rise Logistics, CSPA Group's Distribution Partner, Sells Out Entire First Order of CannaStrips™ to Four Stores

Vancouver, British Columbia, Canada, April 17, 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.

Rise Logistics received the order last week and successfully delivered the entire stock of CannaStrips[™] THC to four stores listed below. The Company's wholly-owned subsidiary, CSPA Group, Inc., recently filled a purchase order to deliver CannaStrips[™] THC to Rise Logistics to sell into their roster of 200+ stores.

Purple Star - SF Redstone Delivery - Oakland Elevated - SF Fire Farms - Sacramento

To keep up with the rapidly increasing demand, the Company is preparing a shipment in anticipation of the next order coming in shortly.

Casey Fenwick, President of LDS, stated, "We know Rise Logistics can move a large amount of product and this is really the beginning. The Rise Logistics sales team has solid relationships with retailers and, combined with the affordable price of CannaStrips[™], will make this roll out beneficial for both parties."

In addition to the distribution by Rise Logistics, the Company has also self-distributed its CannaStrips[™] THC to two additional stores:

Highway 33- Crows Landing The Jet Room- Adelanto

The Jet Room is a retail partner the Company teamed up with for the most recent High Times Dope Cup Event in the desert (the "Event") in order to legally sell CannaStrips[™] at the Event. The Event went extremely well; the demand for CannaStrips[™] resulted in the retailer selling the entire inventory of CannaStrips[™] THC prior to the conclusion of the Event having the Company to make an urgent delivery of extra CannaStrips[™] on the second day.

Lifestyle Delivery Systems Inc. Suite 820, 1130 W. Pender St. Vancouver BC, V6E 4A4 T: (866) 347-5058 F: (604) 648-0517 The Company's CEO, Brad Eckenweiler, stated, "I started this journey to make CannaStrips[™] available to everyone. This product helps so many people in a number of different ways, which is why I wanted to remove the choice at the register."

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. CSPA manufactures extracted oils and distillates, and produces CannaStrips[™] under a license agreement with Lifestyle Delivery Systems Inc. a British Columbia 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: information@lifestyledeliverysystems.com

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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 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.