



Lifestyle Delivery Systems Inc.

CSE : LDS

OTCQX : LDSYF

Frankfurt: LD6, WKN: A14XHT

Lifestyle Delivery Systems Inc. Announces that CSPA Group, Inc. Received First Place Honors for Its CannaStrips™ Entry in Kushstock Festival's Edible Competition

Vancouver, British Columbia, Canada, April 23, 2019, Lifestyle Delivery Systems Inc. (CSE: LDS), (OTCQX: LDSYF), (Frankfurt: LD6, WKN: A14XHT) ("LDS" or the "Company") is happy to announce that its wholly-owned subsidiary's, CSPA Group, Inc.'s, flagship product, CannaStrips™, won first place honors at Kushstock 7 "Best Edible" competition, which was held at Adelanto Stadium in Adelanto, California on Saturday, April 20, 2019.

The Company's CannaStrips™ THC was amongst 12 other contestants in the same edible category. Products in the "best edible" category were given to 200 judges to sample over a few days. This is the very first contest in which the Company has entered CannaStrips™ and the result was a first place win for CannaStrips™. CSPA Group set up its promotion booth at the Kushstock 7 4/20 event sharing the information about its CannaStrips™ and purchase locations with the event's attendees.

Casey Fenwick, President of LDS, stated, "CannaStrips™ is an extremely unique product. I have watched the edible category grow over the past few years, and our strip checks all of the boxes that make a great edible. It tastes great, it works, and it is not only reasonably priced but priced better than any other edible/sublingual on the market."

The Company's CEO, Brad Eckenweiler, stated, "The CannaStrips™ win against a diverse array of edible products supports our position that the market is ready for a discreet, quick, dosage accurate, consistent, and repeatable cannabis experience in a smokeless delivery product. It was a great event for LDS, CSPA Group, Inc. and the CannaStrips™ product line."

The Company also wishes to remind its shareholders of the Annual General Meeting being held in Adelanto on April 25, 2019. For those shareholders unable to attend the meeting in person, the Company will provide a video recording of the meeting along with a video tour of the facility.

The Company will continue to inform the market of corporate developments as they become available.

About CSPA Group, Inc.

CSPA Group, Inc. is located in Adelanto, California and is a City-permitted and State-Licensed manufacture and distributor/transporter in the California cannabis industry.

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Manufacturing extracted oils and distillates, and producing CannaStripsTM 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:
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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.