

PlantFuel Announces Option Grants

Mississauga, Ontario – Newswire – January 13, 2023 – PlantFuel Life Inc. (CSE:FUEL) (OTC:PLFLF) (FSE:BR1B) (“PlantFuel” or the “Company”) the scientifically focused plant-based wellness company, announces that it has granted an aggregate of 5,325,000 incentive stock options (the “Options”) to directors, officers and consultants of the Company pursuant to its stock option plan at an exercise price of \$0.095 per common share for a period of 3 years.

About PlantFuel Life Inc.

PlantFuel Life Inc is a scientifically focused, plant-based wellness company managed by successful entrepreneurs with extensive experience in the areas of consumer-packaged goods, manufacturing, logistics, and distribution. <https://plantfuel.life/>

ON BEHALF OF THE BOARD

Brad Pyatt
CEO

The Canadian Securities Exchange (“CSE”) has neither approved nor disapproved the contents of this news release. Neither the CSE nor its Market Regulator (as that term is defined in the policies of the CSE) accepts responsibility for the adequacy or accuracy of this release.