PlantFuel Announces Director and Officer Changes

Mississauga, Ontario – Newswire – February 14, 2023 – PlantFuel Life Inc. (CSE:FUEL) (OTC:PLFLF) (FSE:BR1B) ("PlantFuel" or the "Company") the scientifically focused plant-based wellness company, is pleased to announce the appointment of Alson Niu as a director of the Company, effective immediately.

Alson Niu is a multi-disciplined business professional based out of Western Canada, with two years of experience acting as a director in the public sector. Specializing in private equity, Mr. Niu is a managing partner at Conquest Capital, a venture firm invested across many industries such as agriculture, technology, and gaming. He also serves as an advisor for Evolve Branding, a top Vancouver marketing consulting company specializing in branding & online marketing.

The Company also announces that Mark Miller has resigned as CFO and Corporate Secretary of the Company, effective February 10, 2023. The Company wishes Mr. Miller well in his future endeavors.

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://plantfuellife.com/

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.