



LeanLife Health Inc. to benefit from Safe Food for Canadians Regulations

VANCOUVER, British Columbia, Dec. 19, 2018 -- LeanLife Health Inc. ("LeanLife") (CSE: LLP) will benefit from new food safety measures.

Recently, the Canadian Minister of Health and the Minister of Agriculture announced the launch of an online method to allow for licence applications under the *Safe Food for Canadians Regulations*.

While Canada is recognized as having one of the strongest food safety systems in the world the *Safe Food for Canadians Regulations* will make this system even safer. LeanLife will benefit from the consolidation of these regulations and the new application method as it prepares to export its Omega-3 flaxseed oil product across Canada and around the world.

LeanLife will also benefit from an exemption from the United States *Foreign Supplier Verification Program*. This Program places restrictions on U.S. food importers except where food products are intended for further manufacturing by a U.S. processor. As LeanLife's product is a fortified food ingredient with a long-lasting shelf life it is an ideal additive for the purpose of enriching a variety of foods with Omega-3 essential fatty acids.

"In general, these consolidated regulations will make it easier for LeanLife Health to export. We therefore see this as a positive development for LeanLife to get its product to the United States, Europe or elsewhere", said Stan Lis, Chief Executive Officer of LeanLife Health.

About LeanLife Health and the Omega-3 Market

LeanLife Health's products are extracted from flax seeds, a plentiful and non-animal source of Omega-3. The products can be used as a food additive or as a nutraceutical and have been used to make bread, noodles, cheese, yogurt, juice and milk products for the European market. LeanLife Health's industry leading Omega-3 product formulations are of the highest quality and contain no cholesterol. Products are available in oil, emulsion and powder forms.

The global [Omega-3 market](#) is expected to reach USD \$7.32 billion by 2020, according to a report by Grand View Research, Inc.

For more information, please contact:

Stan Lis, CEO
604-764-0518
SLis@LeanLifeHealth.com

Forward Looking Information

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 including, the Company's ability to compete with large food companies; sales of any potential products developed will be profitable; the ability to complete sales under the sales agreement. 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.

THE CSE HAS NEITHER APPROVED NOR DISAPPROVED THE INFORMATION CONTAINED HEREIN AND DOES NOT ACCEPT RESPONSIBILITY FOR THE ADEQUACY OR ACCURACY OF THIS RELEASE