



LeanLife Health Inc.

380 – 580 Hornby Street
Vancouver, BC, V6C 3B6

NEWS RELEASE

LeanLife Health Inc. Announces AGM Results and Officer Changes

Vancouver, British Columbia, January 29, 2019, LeanLife Health Inc. (CSE: LLP) is pleased to report that shareholders voted in favour of all resolutions brought forth at the Company's annual general meeting of shareholders (the "Meeting") held in Vancouver, British Columbia on January 4, 2019.

Resolutions that were proposed and approved (99.96%) at the Meeting included:

1. Setting the number of directors of the Company at five (5);
2. Election of the following directors of the Company for the ensuing year;
 - Stan Lis
 - Glen Macdonald
 - Marcin Lukaszewicz
 - Robert Chanson
 - Casey Forward
3. Appointment of Charlton and Company, Chartered Professional Accountants as auditors of the Corporation for the ensuing year; and
4. Ratifying the Company's Stock Option Plan as described in the Information Circular.

For health reasons Casey Forward had to resign as a Director and later as CFO on January 9, 2019.

Mr. Jason Tong, CPA, CA, CFA, of Vancouver has been appointed CFO following the resignation of Mr. Forward. Mr. Tong has served in senior management positions for a number of public and private companies in his career. Mr. Tong was previously the Chief Financial Officer of Pathway Capital Ltd, a venture capital firm with a portfolio of early stage ventures with market capitalization ranging from \$5M to \$100M. Mr. Tong was the Chief Financial Officer of Turnberry Resources Ltd. from February 2012 until the Company was acquired in April 2014. Currently, Mr. Tong is the Chief Financial Officer of ExGen Resources Inc. and is a senior advisor to several high-growth companies.

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.



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