



LeanLife Health Inc.

380-580 Hornby Street
Vancouver, BC, V6C 3P6

NEWS RELEASE

LeanLife Appoints Operations Advisor

VANCOUVER, British Columbia, February 6, 2019: LeanLife Health Inc. (CSE: LLP) (the “Company”) announces that the Company has hired an Operations Advisor.

The Company introduces Mr. Chris Nichols as an on-call advisor to Operations Manager, Glenn Nichols, in the design and validation of LeanLife’s full scale production process.

Chris Nichols has over 25 years of senior operations leadership experience in all aspects of food-based fast moving consumer goods (FMCG) manufacturing with several large multi-national companies such as **COCA-COLA**, **MOLSON COORS** and **LANTIC (ROGERS) SUGAR**.

Holding a B.Sc. from Simon Fraser University combined with technical work experience in processing line design, optimization and operation, including aseptic processing, makes him a great resource in the development of our facility.

Chris also has a strong background in HACCP and GMP food safety systems and experience in building these foundations into the process line’s physical and operational design at early stages.

Using Lean Six Sigma tools and training, Chris has implemented process improvement and optimization in every position he has held leveraging that into multiple millions in annualized cost savings in addition to managing dozens of capital projects from design through to completion, on time and on budget, while meeting all the project deliverables.

About LeanLife Health and the Omega-3 Market

LeanLife Health’s products are shelf-stable extractions from flax seed, a plentiful and non-animal source of Omega-3, that give them a significant advantage as a fortified food ingredient.

The products can be used as food additives or as nutraceuticals 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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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.

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