



LeanLife Health Inc.

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NEWS RELEASE

LeanLife Issues stock options

VANCOUVER, British Columbia, March 8, 2019: LeanLife Health Inc. (CSE: LLP) (the “Company”) announces that pursuant to the Company’s Stock Option Plan it has granted 3,000,000 stock options at a price of \$0.07 per common share to certain directors and consultants of the Company. As per the Company’s Stock Option Plan, the options granted are exercisable until March 8, 2024. The Options and underlying common shares are subject to a four-month hold period. Grant of the options is subject to the approval of the CSE

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 reached \$33 Billion USD in 2016 and is expected to reach upwards of \$57 Billion USD by 2025, 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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