

NEWS RELEASE

LeanLife Samples Ready for Distribution in Europe

VANCOUVER, British Columbia, May 21, 2019: [LeanLife Health Inc.](#) (CSE: LLP) (the “Company”) a Company focused on proprietary plant-based food products is pleased to announce the recently shipped samples are ready for distribution in Europe.

LeanLife’s longtime sales representative and industry expert confirmed the arrival of the product samples and the potential for sales. As a sales agent to some of Europe’s largest producers of bread, pasta, cheese, yogurt, and butter, using ingredients similar to LeanLife’s Omega-3 product, he has established relationships with customers. He confirmed that once the Product Specification and Quality Certificate are provided, these potential customers will be in a position to properly evaluate the product.

This same customer evaluation process was previously undertaken by ARYZTA AG (“ARYZTA”) one of the largest producers of frozen bakery products in the world. ARYZTA previously sold loaves of bread and rolls, which contained an earlier version of the Omega-3 product produced by LeanLife, in over 2,700 stores.



Figure 1: Bread with LeanLife's Omega-3 previously sold by ARYZTA.

LeanLife recently sent samples to [SGS](#), the world's leading inspection, verification, testing and certification company, for independent confirmation of the product's quality and specifications. The results from this testing will provide the data for the required Product Specification and Quality Certificate documentation. LeanLife expects the SGS results to be similar to those previously provided by the Faculty of Chemistry at [Simon Fraser University](#) which showed the product to be consistent with specifications and, in most areas, of greater purity than anticipated.

“With the samples now available for distribution in Europe and confirmation of the quality and specifications of our propriety Omega-3 product underway, our experienced sales

and industry expert will soon be visiting some of Europe's largest food producers," said Stan Lis, CEO.

The Company also announces that pursuant to its Stock Option Plan it has granted incentive stock options to certain officers, directors and consultants entitling them to purchase an aggregate of 3,900,000 common shares of the Company at an exercise price of \$0.05 per share for a 5-year term expiring at close of business on May 21, 2024.

About LeanLife Health and the Omega-3 Market

LeanLife Health's products are shelf-stable extractions from flax seed, a plentiful plant-based 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 and proprietary 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 USD \$33 Billion in 2016 and is expected to reach upwards of USD \$57 Billion 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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