



LeanLife Health Inc.

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NEWS RELEASE

LeanLife Announces Shares for Debt Transaction

VANCOUVER, British Columbia, December 6, 2019: LeanLife Health Inc. (CSE: LLP) (the “Company”) announces that the Company has agreed to issue 15,731,000 units of the Company at a deemed price of \$0.05 per unit in settlement of outstanding debt totaling approximately \$786,550 (the “Transaction”). Directors and officers of the Company will participate in the transaction by converting \$310,000 of outstanding consulting, management and director’s fees for a total of 6,200,000 Units.

Each unit will be comprised of one common share in the capital of the Company and one transferable common share purchase warrant, with each warrant entitling the holder to purchase one additional common share at an exercise price of \$0.075 for a period of 24 months from the date of issue.

All the shares and warrants making up the units will be subject to a four month and a day hold period. The issuance of the Debt Shares will not result in the creation of any new control person.

The proposed issuance of Common Shares to directors and officers of the Company pursuant to the Transaction will each be considered a “related Party transaction” as defined in Multilateral Instruments 61-101 – Protection of Minority Security holders in Special Transaction (“**MI 61-101**”). The Company will rely upon exemptions from the valuation and minority shareholder approval requirements of Multilateral instrument 61-101 contained in sections 5.5(a) and 5.7(1)(a), respectively, with respect to the issuance of the Common Shares to the Directors and Officers.

About LeanLife Health and the Omega-3 Market

LeanLife Health’s products are **long-term 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.

Increased omega-3 intake, especially with LeanLife’s higher omega-3 to -6 ratio, has shown to have **significant health improvement impacts**.

LeanLife’s mission is to provide a relatively **low-cost means of replacing the less healthy vegetable oil in food, and transform them into healthier versions**.

“Improving the quality of food without requiring people to change what they eat is the best way to ensure they eat healthier and benefit from an improved quality of life.” – Stan Lis, CEO

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 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.

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.

For more information, please contact:

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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;. Except as required under applicable securities legislation, the Company undertakes no obligation to publicly update or revise forward-looking information.

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