



**LeanLife Health Inc.**

380-580 Hornby Street  
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## NEWS RELEASE

### LeanLife Sells Surplus Equipment

VANCOUVER, British Columbia, December 19, 2019: [LeanLife Health Inc.](#) (CSE: LLP) (the “Company”) a Company focused on proprietary plant-based food products is pleased to announce that the Company has sold some surplus equipment.

LeanLife purchased some production equipment in the Spring of 2018 for the purpose of producing its product. With the recent signing of a Phase 1 Production Agreement with Ecovatec providing access to their advanced manufacturing facility, LeanLife no longer requires this equipment and has sold it to a local company.

The sale of the equipment converts an asset to money LeanLife can use to grow the Company and increase production of its Omega-3 food ingredient as it anticipates significant customer demand in 2020. This forecasted interest in LeanLife’s product is a result of the recently announced agreement the Company signed with, Gavin Mah, an Omega-3 expert who was engaged by LeanLife to secure over \$1,000,000 in sales in the coming twelve months.

The Company also announces that pursuant to the news release of December 6, 2019 the Company has agreed to issue an additional 7,487,000 units of the Company at a deemed price of \$0.05 per unit in settlement of approximately \$374,350 in debt, each unit comprising 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.

### 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 an essential<sup>1</sup> 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**.

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<sup>1</sup> Omega-3 fatty acids are **essential** because the body cannot make them on its own and so they must be consumed from dietary sources.

*“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; 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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