



LEANLIFE UPDATE ON CEASE TRADE ORDER

VANCOUVER, BRITISH COLUMBIA, November 9, 2023: **LeanLife Health Inc CSE: LLP; FSE: LL1)** (the "Company" or "LeanLife") announces the Company continues to work with its auditors to complete its audited annual financial statements for the fiscal years ended March 31, 2022 and 2023 as well as the interim financial statements for the periods ended June 30, 2022 and 2023, September 30, 2022 and 2023 and December 31, 2022 along with the related management's discussion and analysis and CEO and CFO certifications (collectively, the "Filings").

On August 5, 2022 the British Columbia Securities Commission ("BCSC"), the Alberta Securities Commission ("ASC") and the Ontario Securities Commission ("OSC) (on behalf of the applicable Canadian securities regulatory authorities) issued a general "failure to file" cease trade order pursuant to National Policy 11-207 – Failure to File Cease Trade Orders and Revocations in Multiple Jurisdictions (the "CTO"). The CTO will remain in place until such time all of the Filings are posted to SEDAR and the required regulatory bodies.

The CTO prohibits the trading by any person of any securities of the Company in each jurisdiction in Canada in which the Company is a reporting issuer, including trades in the Company's common shares made through the Canadian Securities Exchange, for as long as the CTO remains in effect; however, the CTO provides an exception for beneficial securityholders of the Company who are not currently (and who were not as of August 5, 2022) insiders or control persons of the Company and who sell securities of the Company acquired before August 5, 2022 if both of the following criteria are met: (i) the sale is made through a "foreign organized regulated market", as defined in section 1.1 of the Universal Market Integrity Rules of the Investment Industry Regulatory Organization of Canada and (ii) the sale is made through an investment dealer registered in a jurisdiction of Canada in accordance with applicable securities legislation.

There is no assurance that the Company will be able to remedy its filing default and have the CTO lifted in a timely manner or at all.

The Company is not currently subject to any insolvency proceedings.

The Company is pleased to announce that Mr. James Casey Forward, CPA, CGA, has rejoined the Company as CFO, "I am anxious to help LeanLife complete their financial statement filings, and move ahead with their business model."

On Behalf of the Board of Directors

LeanLife Inc.

Stan Lis, Chairman and Director

LeanLife Health Inc.

Neither the Canadian Securities Exchange nor its Regulation Services Provider (as that term is defined in the policies of the CSE) accepts responsibility for the adequacy or accuracy of this news release.

Cautionary Note Regarding Forward-Looking Information

This release includes certain statements that may be deemed "forward-looking statements" within the meaning of applicable Canadian securities laws ("forward-looking statements"). All statements in this release, other than statements of historical facts, that address events or developments that the Company expects to occur, are forward-looking statements including without limitation, timing of finalizing and filing of the Company's financial statements, expected growth and success of the Company. Forward-looking statements are statements that are not historical facts and are generally, but not always, identified by the words "expects", "plans", "anticipates", "believes", "intends", "estimates", "projects", "potential" and similar expressions, or that events or conditions "will", "would", "may", "could" or "should" occur. Although the Company believes the expectations expressed in such forward-looking statements are based on reasonable assumptions, such statements are not guarantees of future performance, and actual results may differ materially from those in the forward-looking statements. Factors that could cause the actual results to differ materially from those in forward-looking statements include regulatory actions, market prices, and continued availability of capital and financing, and general economic, market or business conditions. Investors are cautioned that any such statements are not guarantees of future performance and actual results or developments may differ materially from those projected in the forward-looking statements. Forward-looking statements are based on the beliefs, estimates, and opinions of the Company's management on the date the statements are made. Except as required by applicable securities laws, the Company undertakes no obligation to update these forward-looking statements in the event that management's beliefs, estimates or opinions, or other factors, should change.