

PUSHFOR INVESTMENTS INC.

*CSE: PUSH
FFT: 713*

For Immediate Release

Pushfor Investments Inc. grants Incentive Stock Options

Delta, British Columbia, November 14, 2019, PUSHFOR INVESTMENTS INC. (“Pushfor” or the “Company”) (CSE: PUSH) (FFT: 713) is pleased to announce that it has granted a total of 3,250,000 incentive stock options to directors and officers, pursuant to the Company's Stock Option Plan. All stock options vest on the date of granting. The options are exercisable at \$0.75 per share and expire two (2) years from today’s date.

BY THE BOARD

Aram Ayrapetian
CEO and Director
604 357 4730

Notice regarding Forward Looking Statements: This news release may contain forward-looking statements. The use of any of the words "anticipate", "continue", "estimate", "expect", "may", "will", "project", "should", "believe" and similar expressions are intended to identify forward-looking statements. Although the Company believes that the expectations and assumptions on which the forward-looking statements are based are reasonable, undue reliance should not be placed on the forward-looking statements because the Company can give no assurance that they will prove to be correct. This news release includes forward-looking statements in respect to assumptions of successful completion of a change of name. Since forward-looking statements address future events and conditions, by their very nature they involve inherent risks and uncertainties, these statements speak only as of the date of this news release. The Company disclaims any obligation to update forward looking information contained herein, except to the extent required by law.