

NEWS RELEASE

Early Warning Report Filed

FOR IMMEDIATE RELEASE

Vancouver, British Columbia – January 7, 2020 - Robert Eadie, President and CEO of Hemp for Health Inc. (the “Company”) (CSE: H4H) has filed an Early Warning Report in accordance with National Instrument 62-103 *The Early Warning System and Related Take Over Bids and Insider Reporting Issues*, in connection with the acquisition of a total of 25,000 shares at a price of \$0.15 per share.

Mr. Eadie advises that upon this acquisition, he holds a total of 2,988,001 common shares of the Company, representing approximately 14.89% of the Company’s 20,062,001 issued and outstanding common shares.

A copy of the early warning report may be found under the Company’s profile on www.sedar.com.

Mr. Eadie advises that shares were acquired through a public market and that he did not act jointly with any other party in acquiring the shares; and does not act jointly or in concert with any other person in exercising his rights over such shares.

Mr. Eadie further advises that he acquired the shares for investment purposes only, and may acquire additional securities, or dispose of some or all of his securities, from time to time in the future.

“Robert Eadie”

Robert Eadie
(604)-602-4935