



HAVN Life Launches the Brain Evolve Series

The four formulations, helping to reduce inflammation, promote restorative sleep and support cognitive function are now available on yourhavnlife.com

April 13, 2022

Vancouver, BC – HAVN Life Sciences Inc. (CSE: HAVN) (OTC: HAVLF) (FSE: 5NP) (the “Company” or “HAVN Life”), a biotechnology company developing natural health products and innovative therapies to support brain health and cognitive function, is pleased to announce the launch of its second line of natural health products—the Brain Evolve Series. The four new SKUs—**Brain Evolve AM**, **Brain Evolve PM Flavoured**, **Brain Evolve PM Unflavoured** and **Brain Evolve Anti-Aging**—are now available for purchase on yourHAVNlife.com, shipping across Canada and the U.S. The full line will also be available on Amazon and at GNC locations across Canada in late spring.

HAVN Life’s Brain Evolve Series includes a range of natural ingredients that are known to support trauma recovery and counteract the effects of brain degeneration. Each formulation is designed to support inflammation reduction and restorative sleep, and promote increased energy and memory.

Created and patented by HAVN Life’s Director of Education, Matthew Bennett, the Brain Evolve Series formulations were designed to address symptoms of concussion and traumatic brain injury, as well as support cognitive health. As an athletic therapist with expertise in concussion management, Mr. Bennett understood that the symptoms of concussion and trauma—poor sleep, fatigue and lack of clarity—are caused primarily by inflammation. With his goal to reduce inflammation in the brain and body for his clients, Bennett was able to find success in addressing symptoms of concussion and traumatic brain injury, inspiring his journey into the nutraceutical industry.

Throughout his career as an athletic therapist, Matthew Bennett has helped various sports professionals to recover from trauma and brain injuries and the success of his programs led him to design the Brain Evolve Series – meant for anyone looking to support, recover and protect their cognitive health. The Brain Evolve formulations have been used by performance nutritionists and individual players across the **NHL®**, **NFL®**, **NBA®** and **AHL®** as part of their player brain health recovery regimens.



The Future of Brain Health Support and Trauma Recovery

The effects of trauma can last for several days, weeks, or months, taking a toll on day-to-day living and activities. Symptoms can range from headache, dizziness, brain fog and nausea to disruption in eating, sleeping and elimination habits. Scientific research has shown that there is currently limited effective pharmaceutical treatment for traumatic injury, and has pointed to a larger picture of what occurs in the body following brain injury—most notably the changes in nutrient levels within the brain and body.

The Brain Evolve Series is formulated with natural ingredients that are known to support recovery, help cognitive function and promote restorative sleep:

- **Brain Evolve AM:** This patented blend of antioxidants supports cognitive health maintenance and brain function, while giving you more energy and greater focus during the day. **(CAD \$89.99 + tax)**
- **Brain Evolve PM (Flavoured and Unflavoured):** These formulations contain 16 natural ingredients, including amino acids, Melatonin, and Curcumin, known to work synergistically to:
 - Reduce inflammation
 - Increase energy and flow of nutrients to the brain to encourage healing
 - Regulate hormones that contribute to restorative sleep so the body can heal
 - Meant to be taken before bed, the flavoured formulation features the refreshing taste of tropical fruit. **(CAD \$89.99 + tax)**
- **Brain Evolve Anti-Aging:** This formulation assists with issues related to brain aging, like neurodegeneration and cognitive impairment, using key ingredients:
 - Curcumin: reduces inflammation
 - Melatonin: helps with sleep
 - Astaxanthin: known to reduce eye inflammation
 - Creatine: ergogenic agent for recovery after activity **(CAD \$89.99+ tax)**

“With the launch of the Brain Evolve Series, HAVN Life demonstrates its commitment to helping communities thrive, bringing high-quality and science-based nutraceuticals to market over the past 12 months,” says Tim Moore, CEO of HAVN Life. “With multiple distribution and supply partnerships in place in Canada, the U.S. and Australia, our goal is to consolidate our retail presence globally, as a go-to purveyor of the best available products that support brain health and cognitive function. We are very excited about the healing potential of this new product line,” he adds.



"I'm very excited to launch the Brain Evolve series with HAVN Life," says HAVN Life Director of Education, Matthew Bennett. "My goal in creating these formulations was to support people with concerns around sleep, brain injury, brain wellness and prevention of neurodegeneration, as well as anyone looking to optimize their overall cognitive health. By joining the HAVN Life team, I'm happy to see the products I created reach a wider audience, helping families and communities to thrive," he adds.

In addition to the Brain Evolve Series, HAVN Life launched a full line of vegan and non-GMO natural health products in June 2021. Thoughtfully formulated with adaptogens and antioxidants to support brain health, these natural compounds are proven to support memory, focus, energy, and overall cognitive function. The product line includes [Rhodiola Relief](#), [Mind Mushroom](#), [Chaga Immunity](#), [Reishi Recharge](#), [Bacopa Brain](#), [Lion's Mane](#) and [Cordyceps Perform](#) and is available through [yourhavnlife](#), [Amazon](#) and at select natural health store locations across Alberta and British Columbia.

***Supporting Research Studies are available [HERE](#)**

-##-

On Behalf of The Board of Directors
Tim Moore
Chief Executive Officer

About HAVN Life Sciences Inc.

[HAVN Life Sciences](#) is a biotechnology company pursuing standardized extraction of psychedelic compounds for the creation of active pharmaceutical ingredients ("API"), the development of natural health products, and innovative therapies to support brain health and cognitive function.

Through its research division, HAVN Labs, the company has developed an end-to-end supply chain of GMP naturally derived psychedelic compounds for research that will define the future of modern medicine. With its new line of natural health products, HAVN Life offers a full range of high-quality mushroom and plant extracts that help boost immune function, reduce inflammation and support a healthy lifestyle.

Purchase our products and find out more at [yourhavnlife.com](#), and follow us on [Facebook](#), [Twitter](#), [Instagram](#) and [Youtube](#).



The natural health product licenses for products **Brain Evolve AM, Brain Evolve PM Flavoured, Brain Evolve PM Unflavoured** and **Brain Evolve Anti-Aging** are currently registered to Bennett's Choice, a company owned by HAVN Life Retail.

Contact:

Investor Relations: ir@havnlife.com

Media: savi@emergence-creative.com

Forward-Looking Information: This news release contains "forward-looking information" within the meaning of applicable securities laws relating to statements regarding the Company's business, products and future of the Company's business, including the introduction of the Brain Evolve Series to the Company's natural health product line. Although the Company believes that the expectations reflected in the forward-looking information are reasonable, there can be no assurance that such expectations will prove to be correct. Readers are cautioned not to place undue reliance on forward-looking information. Such forward-looking statements are subject to risks and uncertainties that may cause actual results, performance and developments to differ materially from those contemplated by these statements depending on, among other things, the risks that the anticipated benefits of the introduction of the Brains Evolve Series to the Company's natural health product line will not be realized as contemplated, or at all, and risks that the Company's products and plan will vary from those stated in this news release and the Company may not be able to carry out its business plans as expected. Except as required by law, the Company expressly disclaims any obligation and does not intend to update any forward-looking statements or forward-looking information in this news release. Although the Company believes that the expectations reflected in the forward-looking information are reasonable, there can be no assurance that such expectations will prove to be correct. The statements in this news release are made as of the date of this release.

The CSE has not reviewed, approved or disapproved the content of this press release

