



Plant Veda Makes The Holidays More Delicious By Adding PlantGurt Spoonable Yogurt To Its Sampler Box

Plant Veda offers more products and more savings for the Holidays

Vancouver, B.C., December 14, 2021 – [Plant Veda Foods Ltd.](#) (CSE:MILK) (OTCQB:PLVFF) (XFRA:A3CS6B) (the “Company” or “Plant Veda”), an award-winning dairy-alternative food manufacturer, is pleased to announce that the Company has included its newly formulated PlantGurt to the Sampler Box.

As announced on November 16, 2021, the Company released a limited-time Sampler Box for consumers to enjoy an assortment of its products as a discounted bundle. Further, on November 30, 2021, the Company announced the launch of its new product line PlantGurt a spoonable yogurt.

The original Sampler Box included a two-week supply of plant-based lassies (yogurt), milk, and creamers – now 2 tubs of PlantGurt have been added to the offering. New customers can try a full range of the Company’s products at a 15% discount along with free shipping across Canada and the Continental United States.

The Sampler Box now includes the following products, all of which are lactose-free, gluten-free, and vegan:

- *Probiotic Lassi, our plant-based drinkable yogurt contains billions of probiotics*
- *Mylk, our plant-based milk is made from multi plant whole-food ingredients*
- *Coffee Creamer, is made from organic Cashews, organic Coconuts and Oats*
- *PlantGurt, our spoonable yogurt is made with simple whole food ingredients*

To take advantage of the offer click [Plant-based Sampler Box](#).

“Consumers have been raving about our new product offering PlantGurt,” stated Sunny Gurnani, CEO of Plant Veda. “The popular sampler box just got better with the addition of PlantGurt! We wish everyone a smooth and delicious holiday season.”

Marketing and Investor Relations Agreements

The Company also announces it has renewed its agreement with Command Marketing Innovations to provide investor relations and digital marketing services. The terms are for the offering of services for one month beginning December 2021. As consideration for the renewal, the Company has made payments totalling US\$75,000.

About Plant Veda (CSE:MILK) (OTC:PLVFF) (XFRA:A3CS6B)

[Plant Veda Foods Ltd.](#) has a mission to accelerate humanity’s shift to a plant-based lifestyle. We remain clear in our goals, which is to improve the environment and humanity’s overall health through plant-based consumption. Our Company has succeeded in creating award-winning plant-based dairy alternatives, continuing shaking up the dairy-free market by creating unique, one-of-a-kind products that leave our customers forgetting about dairy to begin with.

Learn more at www.PlantVeda.com.

To subscribe to updates about Plant Veda, visit www.PlantVeda.com/pages/investors.

To find Plant Veda products at a location near you, visit www.PlantVeda.com/pages/store-locations.

Follow Plant Veda on [Facebook](#), [Twitter](#), [Instagram](#), and [YouTube](#).

Company Contact:

Aaron Wong, Director

Email: Aaron@PlantVeda.com

Number: 778-840-9664

Investor Relations:

Email: Investors@PlantVeda.com

Number: 778-383-6737

Media Contact:

Email: Media@PlantVeda.com

Forward-Looking Statements

This news release contains “forward-looking information” within the meaning of applicable Canadian securities legislation. Often, but not always, forward-looking information and information can be identified by the use of words such as “plans”, “expects” or “does not expect”, “is expected”, “estimates”, “intends”, “anticipates” or “does not anticipate”, or “believes”, or variations of such words and phrases or state that certain actions, events or results “may”, “could”, “would”, “might” or “will” be taken, occur, or be achieved. Forward-looking information in this news release includes statements regarding the anticipated performance of Plant Veda’s products in the dairy-alternative industry, in addition to the following: Potential outcomes from including PlantGurt in the Company’s Sampler Box and potential outcomes from additional investor relations or marketing efforts. The forward-looking information reflects management’s current expectations based on information currently available and are subject to a number of risks and uncertainties that may cause outcomes to differ materially from those discussed in the forward-looking information. Although the Company believes that the assumptions and factors used in preparing the forward-looking information are reasonable, undue reliance should not be placed on such information and no assurance can be given that such events will occur in the disclosed timeframes or at all. Factors that could cause actual results or events to differ materially from current expectations include: (i) adverse market conditions; (ii) changes to the growth and size of the dairy-alternative markets; and (iii) other factors beyond the control of the Company. The Company operates in a rapidly evolving environment. New risk factors emerge from time to time, and it is impossible for the Company’s management to predict all risk factors, nor can the Company assess the impact of all factors on Company’s business or the extent to which any factor, or combination of factors, may cause actual results to differ from those contained in any forward-looking information. The forward-looking information included in this news release are made as of the date of this news release and the Company expressly disclaims any intention or obligation to update or revise any forward-looking information whether as a result of new information, future events or otherwise, except as required by applicable law.

As each individual is different, the benefits, if any, of taking the Company’s products will vary from person to person. No claims or guarantees can be made as to the effects of the Company’s products on an individual’s health and well-being. The Company’s products are not intended to diagnose, treat, cure, or prevent any disease.

This news release may contain trademarked names of third-party entities (or their respective offerings with trademarked names) typically in reference to (i) relationships had by the Company with such third-party entities as referred to in this release and/or (ii) client/vendor/service provider parties whose relationship with the Company is/are referred to in this release. All rights to such trademarks are reserved by their respective owners or licensees.