

Advance United Holdings Announces Debt Settlement

Toronto, Ontario - July 26, 2022 - Advance United Holdings Inc. (CSE: AUHI) (FSE: 910) (the "**Company**") is pleased to announce it has settled an aggregate of \$3,500 of indebtedness to a creditor of the Company through the issuance of 50,000 common shares in the capital of the Company (the "**Common Shares**") at a price of \$0.07 per Common Share (the "**Debt Settlement**"). The Common Shares issued pursuant to the Debt Settlement are subject to a four-month hold period and completion of the transaction remains subject to final acceptance of the Canadian Securities Exchange.

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Forward-Looking Information and Cautionary Statements

This news release contains certain "forward-looking information" within the meaning of applicable securities law. Forward looking information is frequently characterized by words such as "plan", "expect", "project", "intend", "believe", "anticipate", "estimate", "may", "will", "would", "potential", "proposed" and other similar words, or statements that certain events or conditions "may" or "will" occur. These statements are only predictions. Forward-looking information is based on the opinions and estimates of management at the date the information is provided, and is subject to a variety of risks and uncertainties and other factors that could cause actual events or results to differ materially from those projected in the forward-looking information. For a description of the risks and uncertainties facing the Company and its business and affairs, readers should refer to the Company's Management's Discussion and Analysis. The Company undertakes no obligation to update forward-looking information if circumstances or management's estimates or opinions should change, unless required by law. The reader is cautioned not to place undue reliance on forward-looking information.