



**LeanLife Health Inc.**

380-580 Hornby Street  
Vancouver, BC, V6C 3P6

## NEWS RELEASE

### **LeanLife Issues stock options**

VANCOUVER, British Columbia, February 7, 2019: LeanLife Health Inc. (CSE: LLP) (the "Company") announces that pursuant to its 10% Rolling Stock Option Plan (the "Plan"), it has granted incentive stock options to certain Officers, Directors and Consultants entitling them to purchase an aggregate of 4,900,000 common shares of the Company at an exercise price of \$0.05 per share for a 3-year term expiring at close of business on February 7, 2022.

#### **About LeanLife Health and the Omega-3 Market**

LeanLife Health's products are shelf-stable extractions from flax seed, a plentiful and non-animal source of Omega-3, that give them a significant advantage as a fortified food ingredient.

The products can be used as food additives or as nutraceuticals and have been used to make bread, noodles, cheese, yogurt, juice and milk products for the European market.

LeanLife Health's industry leading Omega-3 product formulations are of the highest quality and contain no cholesterol. Products are available in oil, emulsion and powder forms.

The global Omega-3 market reached \$33 Billion USD in 2016 and is expected to reach upwards of \$57 Billion USD by 2025, according to a report by Grand View Research, Inc.

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#### **Forward Looking Information**

Information set forth in this news release contains forward-looking statements that are based on assumptions as of the date of this news release. These statements reflect management's current estimates, beliefs, intentions and expectations. They are not guarantees of future performance. The Company cautions that all forward looking statements are inherently uncertain and that actual performance may be affected by a number of material factors, many of which are beyond the Company's control including, the Company's ability to compete with large food companies; sales of any potential products developed will be profitable; the ability to complete sales under the sales agreement. Accordingly, actual and future events, conditions and results may differ materially from the estimates, beliefs, intentions and expectations expressed or implied in the forward-looking information. Except as required under applicable securities legislation, the Company undertakes no obligation to publicly update or revise forward-looking information.

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