

**LeanLife Health Inc.**

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**NEWS RELEASE****LeanLife Update**

July 10, 2018 – Vancouver, British Columbia – LeanLife Health Inc. (the “Company”) (CSE: LLP) announces the Company has granted to directors, officers and consultants, a total of 3,600,000 incentive stock options at \$0.085 per share for a period of three years per the terms of the stock option plan.

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

LeanLife Health’s products are extracted from flax seeds, a plentiful and non-animal source of Omega 3. The products can be used as nutraceuticals or as additives/ingredients in foods such as bread, noodles, cheese, yogurt, juice and milk. LeanLife Health’s Omega 3 formulations contain no cholesterol and, following receipt of all government and industry approvals, will be marketed in oil, emulsion and powder forms.

The global Omega 3 market is expected to reach US\$7.32 billion by 2020, 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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