



CSE: HFH

NEWS RELEASE

January 7, 2020

Hemp for Health Inc. to Attend Lift & Co.'s Cannabis Conference in Vancouver

Vancouver, British Columbia: HEMP FOR HEALTH INC. (CSE:HFH) (the "Company"), a cultivator and distributor of premium "Made in Tuscany" CBD products, is pleased to announce our attendance at Lift and Co's Cannabis Expo, held in Vancouver at the Vancouver Convention Center, on January 10th and 11th, 2020.

The Company invites current shareholders and potential investors to visit us at booth #317, where management will be present to discuss our operations in Tuscany, Italy and our plans for 2020.

More information about the conference can be found here: <https://liftexpo.ca/vancouver20/>

If there are any questions or inquiries for meetings, please e-mail investor relations: evan@hempforhealth.eu

About Hemp for Health Inc.:

Hemp for Health is a cultivator and distributor of premium CBD products with an exclusive, long-term contract for land with farmers in the Tuscan region of Italy for the purpose of yielding the highest quality hemp-based CBD. Our focus is to offer the absolute best in natural and organic CBD products to our customers, and that starts with pristine soil, seeds, and sun. (See further details available in the Company's filings on SEDAR.)

ON BEHALF OF HEMP FOR HEALTH INC.

(sgd.) Robert Eadie
President & CEO

The Canadian Securities Exchange has not reviewed and does not accept responsibility for the adequacy or the accuracy of the contents of this release.

FOR FURTHER INFORMATION PLEASE CONTACT:

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