



NEWS RELEASE

May 11, 2020

HEMP FOR HEALTH STARTS PLANTING FOR 2020 GROWING SEASON

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Vancouver, British Columbia: HEMP FOR HEALTH INC. (CSE:HFH)(FSE:9HH) (“H4H” or the “Company”), a cultivator and distributor of premium “Made in Tuscany” CBD products, is pleased to announce that the start of the 2020 hemp planting season in Tuscany, Italy has begun.

“The 2020 growing season has arrived in the Tuscan valley and we look forward to building on the progress we made with last year’s harvest,” commented Robert Eadie, President and C.E.O, of the Company. “We look forward to working with our agronomy team to optimize all aspects of the cultivation and to deliver on a larger mission of bringing wellness to people so they can live happier and healthier lives”.

In order to meet the growing demand for quality CBD products in Europe, the company has started planting on 60 Ha with hemp varieties that contain high levels of CBD with trace amounts of THC below 0.03% content. Hemp with High CBD reduces the amount of biomass required for CBD extracts allowing the maximum benefit in the production of cannabinoids, terpenes and other beneficial compounds. The biomass will be used to create different CBD oil products and the flowers will be sold to smoke, both in Italy and in Europe.

COVID-19 Update:

Most of the region where Hemp for Health operates has fortunately been spared of COVID-19 Virus and thus agriculture, as an essential industry, can continue to operate. This however does exclude the rest of the country where the devastation of the virus has hit. We grieve with those who have lost families and friends and are indebted to the frontline workers who continue to take care of the country in these unprecedented times.

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. www.sedar.com)

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.

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