



NEWS RELEASE

August 6, 2020

Hemp for Health Updates Investors on 2020 Growing Season

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 provide an update on its 2020 growing season in Tuscany, Italy.

The Company has planted on 60 ha for the 2020 growing season and is pleased with the continued growth and development of the Carmagnola plants. The allocation for this year will see 9 ha dedicated to dry flower and 51 Ha dedicated to biomass.

“The development of cannabinoids and terpenes in the hemp plant is influenced by its growing conditions, including water, light, soil and temperature” explained Robert Eadie, CEO and President of the company. “We are delighted to see the combination of these conditions playing out through a beautiful summer in the Tuscan Region so far”.

The Company is expecting to harvest their Carmagnola crop in mid-September and will provide further updates to its shareholders at that time.

For additional photos and information, please visit the gallery [here](#) and the media section [here](#).

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.

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