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NEWS RELEASE

GLOBAL HEALTH CLINICS HAS BEEN NOMINATED FOR “BEST CANNABIS CLINIC IN CANADA” AT THIS YEARS LIFT AND CO, CANADIAN CANNABIS AWARDS.

October 23, 2018 - Global Health Clinics Ltd. (the “Company”) (CSE: MJRX) (Frankfurt: L002) with the world watching the nation prepare for federal legalization, Lift & Co. has opened the nominations for the fifth-annual Canadian Cannabis Awards, shining a spotlight on excellence in Canada's cannabis sector. Cannabis consumers and industry members are encouraged to nominate their favourite cannabis products, accessories, companies and industry leaders at canadiancannabisawards.com. Winners will be unveiled at the second-annual CCA gala ceremony on Thursday, November 29, 2018 at The Carlu in Downtown Toronto.

"We are very proud and excited to be nominated as best Cannabis Clinic in Canada. We feel we do a great job with our patients and are overjoyed to see recognition as we continue to expand our patient and clinic base. Further, we will continue to expand our relationships with fellow LPs in forming Canada's new medicinal cannabis framework." States Terry Roycroft, CEO.

Keeping pace with the rapidly evolving cannabis industry, Lift & Co. has streamlined and modernized this year's awards to provide enhanced distinction among licensed producers, cannabis accessories, and the people and companies whose dedication and innovations are leading the business and cultural shifts well underway in Canada.

Nominations for all categories are open now and close on September 7, 2018. For the second year in a row, MNP returns as the title partner for the Canadian Cannabis Awards. MNP is Canada's fifth largest financial services firm and the number one firm in the country servicing the Cannabis sector.

More information, including information about the gala event, is available at canadiancannabisawards.com.

The company would also like to announce that it appointed Jatinder Dhaliwal as a Director of the Company. Jatinder Dhaliwal is a registered pharmacist currently practicing in British Columbia. Dhaliwal has a bachelor's degree in microbiology/biochemistry degree from the University of Victoria and a Bachelor of Pharmacy from the University of British Columbia. "I believe that the production of a cannabinoid generic equivalent would allow a greater portion of the public in need of medical care to have access to more comprehensive care and that is why I believe in the clinic model." States Dhaliwal. Mr. Dhaliwal will replace Mr. Stanley Iu who has resigned from the Company. The Company also announces the resignation of Mr. Lichtenwald as CFO of the Company. Mr. Anthony Jackson will replace Mr. Lichtenwald as interim CFO for the Company. The Company wishes to thank both Mr. Lichtenwald and Mr. Iu for their contribution to the Company and all the best in their future endeavours.

Global Health Clinics Ltd.

“Terry Roycroft”

Terry Roycroft, CEO

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Forward-Looking Information This news release includes certain statements that may be deemed "forward-looking statements". All statements in this release, other than statements of historical facts, that address events or developments that Leo Resources Inc. (the "Company") expects to occur, are forward-looking statements. Forward-looking statements are statements that are not historical facts and are generally, but not always, identified by the words "expects", "plans", "anticipates", "believes", "intends", "estimates", "projects", "potential" and similar expressions, or that events or conditions "will", "would", "may", "could" or "should" occur. Although the Company believes the expectations expressed in such forward-looking statements are based on reasonable assumptions, such statements are not guarantees of future performance and actual results may differ materially from those in the forward-looking statements. Factors that could cause the actual results to differ materially from those in forward-looking statements include market prices, exploitation and exploration successes, and continued availability of capital and financing, and general economic, market or business conditions. Investors are cautioned that any such statements are not guarantees of future performance and actual results or developments may differ materially from those projected in the forward-looking statements. Forward-looking statements are based on the beliefs, estimates and opinions of the Company's management on the date the statements are made. Except as required by applicable securities laws, the Company undertakes no obligation to update these forward-looking statements in the event that management's beliefs, estimates or opinions, or other factors, should change.