**NEWS RELEASE**

# MYM Announces Shares for Debt Transaction

**VANOUVER, British Columbia, August 31, 2020– MYM Nutraceuticals Inc., (CSE: MYM) (OTCBB: MYMMF) (“MYM” or the “Company”) announces that the Company has agreed a shares for debt transaction whereby the Company issued 668,760 common shares of the Company ("Shares") at a deemed price of $0.06 per Share pursuant to certain employment and consulting agreements that contain provisions for the issuance of Shares as part of the compensation (the "Transaction").**

**All Shares issued in connection with the Transaction are subject to a minimum four-month hold period as required by Canadian securities laws. The Transaction is subject to approval of the Canadian Securities Exchange (the “CSE”).**

**As certain insiders participated in the Transaction, it is considered to be a "related party transaction" as defined under Multilateral Instrument 61-101 ("MI 61-101"). The transaction is exempt from the formal valuation and minority shareholder approval requirements of MI 61-101 as neither the fair market value of the securities to be distributed in the Transaction in so far as the Transaction involves the insiders, exceeds 25% of the Company's market capitalization.**

The Company is also pleased to announce that Mark Forster has been reappointed as Chief Financial Officer of the Company.  Mr. Forster is a CPA-CGA registered in BC and has over 30 years of public business experience in the banking and consumer industrial markets sectors.

**About MYM Nutraceuticals Inc.**

MYM is a licensed cannabis producer in Canada uniquely positioned to opportunistically acquire and/or invest in companies within the cannabis industry that are in need of capital and management support. Our senior management team is made up of experts engaged in a wide array of disciplines, able to manage all aspects of licensed cannabis production and sales. MYM wholly owns two cannabis cultivation facilities – SublimeCulture Inc in Laval, QC and Highland Grow in Antigonish, NS. The Company is actively looking to acquire complementary businesses and assets in the cannabis sector**.** MYM shares trade in Canada, Germany and the United States under the following symbols: (CSE: MYM) (OTC: MYMMF) (FRA:0MY) (DEU:0MY) (MUN:0MY) (STU:0MY).

ON BEHALF OF THE MYM BOARD  
Michael Wiener, CEO  
MYM Nutraceuticals Inc.  
[www.mym.ca](http://www.mym.ca)

**Investor Relations**

**investors@mym.ca**

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