



NEWS RELEASE

MYM Appoints Howard Steinberg as Independent Director and Vice-Chairman of the Company

Vancouver, BC., October 24, 2018 – **MYM Nutraceuticals Inc.**, (CSE: **MYM**) (the “**Company**” or “**MYM**”) is pleased to announce the appointment of Howard Steinberg as independent Director and Vice-Chairman of the Company, effective October 24, 2018.

Mr. Steinberg has more than 20 years investment experience as a senior executive, working within some of the largest financial institutions in the world. He has sat on over a dozen Boards including his current role as Executive Chairman of Parallax Developments Corp. He has invested personally and with global financial institutions in a wide range of industries in every area of the balance sheet. Mr. Steinberg has an MBA from the University of Western Ontario and is a CFA charterholder.

“It is with great excitement that I join the MYM team,” said Howard Steinberg. “Bringing in leadership such as myself is a key step in the transformation process to realize our shared vision of becoming an industry leader. Together, I’m confident we can get there.”

“It is an honour to welcome Howard to the MYM team,” said Rob Gietl, CEO of MYM. “Howard brings with him a wealth of experience as a senior executive in a variety of businesses. His time spent in global finance and tenure as Executive Chairman of Parallax have put him in a prime position to help lead MYM to success with our projects around the world.”

Mr. Steinberg was granted options to purchase 3,000,000 common shares of the Company in accordance with the Company’s stock option plan for a period of four years. The options are exercisable at a price of \$1.10 per share. 250,000 options will vest in a single tranche immediately. 250,000 options will vest every three months thereafter. Subject to Mr. Steinberg meeting certain targets within the first 12 months of his appointment, the options will vest immediately. The expiry date of these options is October 24, 2022.

About MYM Nutraceuticals Inc.

MYM Nutraceuticals Inc. is an innovative company focused on acquiring Health Canada licenses to produce and sell high-end medicinal cannabis supplements and topical products. MYM is a shareholder in two production projects in Quebec that are anticipated to have over 1.5 million square feet of production space. MYM is also a shareholder in a cannabis production project in Australia. The “Northern Rivers Project” in New South Wales, Australia is expected to have 1.2 million square feet of cannabis production space.



To ensure a strong presence and growth potential within the industry, MYM is actively looking to acquire complementary businesses and assets in the technology, nutraceuticals and CBD sectors. MYM shares trade in Canada, Germany and the USA under the following symbols: (CSE:MYM) (OTC:MYMMF) (FRA:0MY) (DEU:0MY) (MUN:0MY) (STU:0MY).

ON BEHALF OF THE BOARD

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