



BC Instrument 51-515 Disclosure

TORONTO – June 4, 2020 – Alternate Health Corp., ("**Alternate Health**" or the "**Company**") (**CSE:AHG**) (**OTCQB:AHGIF**), an international leader in CBD product development and distribution, announced today that the Company has decided to postpone the filing of its Interim Financial Statements and Management Discussion and Analysis (MD&A) for the first quarter of 2020, based on the provisions provided by BC Instrument 51-515.

Alternate Health is an international company, with offices and operations spread out across Canada and the United States. Restrictions on both travel and office hours have caused delays in the preparations of these documents. As a response to the COVID-19 virus, Canadian securities regulators provided exemptive relief to issuers. The Company is relying on British Columbia Instrument 51-515, *Temporary Exemption from Certain Corporate Finance Requirements*, which provides a 45-day extension from the usual April 29, 2020, required deadline.

Alternate Health's Management, Directors and Insiders are subject to a trading blackout until the Company's 2019 Audited Financial Statements and MD&A and Third Quarter 2020 Interim Financial Statements and MD&A are filed, based on the instructions in Section 9 of National Policy 11-207, *Failure to File Cease Trade Orders and Revocations in Multiple Jurisdictions*. This Cease Trade Order only applies to Officers, Insiders and Directors of Alternate Health. There have been no material business developments since the filing of the Company's Interim Financial Statements and MD&A for the three and nine-month periods ended September 30, 2019, that have not been disclosed via press release.

About Alternate Health

An international leader in the hemp-derived CBD industry, Alternate Health manufactures, packages and distributes pharmaceutical grade products across the United States. Through Alternate Health's subsidiary, Blaine Labs, the Company has 24 years of experience in FDA-registered, cGMP production and distribution, with over 50 product SKUs available from major retailers, including Walmart, Amazon, CVS and Walgreens. For more information about Alternate Health Corp., visit www.alternatehealth.com.

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Neither the CSE nor its Regulation Services Provider (as that term is defined in the policies of the CSE) accepts responsibility for the adequacy or accuracy of this release. Statements included in this announcement, including statements concerning our plans, intentions and expectations, including with respect to the closing of the letter of intent, which are not historical in nature are intended to be, and are hereby identified as "forward-looking statements". Forward-looking statements may be identified by words including "anticipates", "believes", "intends", "estimates", "expects" and similar expressions. The Company cautions readers that forward-looking statements are subject to certain risks and uncertainties that could cause actual results to differ materially from those indicated in the forward-looking statements.