CORE ONE LABS GRANTS OPTIONS TO OFFICERS, DIRECTORS, AND CONSULTANTS

Vancouver, British Columbia, Canada, September 16, 2019, Core One Labs Inc. (CSE: COOL), (OTCQX: LDSYD), (Frankfurt: LD6, WKN: A14XHT) ("COOL" or the "Company") announces that the Company has granted options to purchase up to 1,847,600 common shares to its executive officers, directors, and consultants. The options granted may be exercised at a price of \$1.25 per share and expire on September 1, 2021. Options to acquire up to 1,383,000 common shares vested immediately, and options to acquire up to 464,600 common shares issued to a consultant for investor relations services vest over a 12-month period beginning on December 13, 2019 at 116,150 shares per quarter.

About Core One Labs Inc.

Core One Labs Inc. is a technology company that licenses its technology to a state-of-the-art production and packaging facility located in Southern California. The Company's technology produces infused strips (similar to breath strips) that are not only a safer, healthier option to other forms of delivery but also superior bioavailability of cannabis constituents. Some strips will also include supplemental co-active ingredients such as nutraceuticals, vitamins and peptides. The technology provides a new way to accurately meter the dosage and assure the purity of selected product. From start to finish, the production process, based on the Company's technology, tests for quality and composition of all the ingredients used in each and every strip which results in a delivery system that is safe, consistent and effective. In addition, through its efforts to develop a better CannaStrips™ product, the Company has developed considerable expertise in cannabis extraction and nursery activities. The operational expertise developed by the Company as a result of these efforts has created new market opportunities for the Company in white label sales.

On behalf of the board of directors of Core One Labs Inc.

Brad Eckenweiler, CEO & Director

FOR MORE INFORMATION, PLEASE CONTACT: investor.relations@lifestyledeliverysystem.com

Cautionary Disclaimer Statement:

The Canadian Securities Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of the content of this news release.

Information set forth in this news release contains forward-looking statements that are based on assumptions as of the date of this news release. These statements reflect management's current estimates, beliefs, intentions and expectations. They are not guarantees of future performance. The Company cautions that all forward looking statements are inherently uncertain and that actual performance may be affected by a number of material factors, many of which are beyond the Company's control. Such factors include, among other things: risks and uncertainties relating to the Company's limited operating history and the need to comply with environmental and governmental regulations. In addition, marijuana remains a Schedule I drug under the United States Controlled Substances Act of 1970. Although Congress has

prohibited the US Justice Department from spending federal funds to interfere with the implementation of state medical marijuana laws, this prohibition must be renewed each year to remain in effect. Accordingly, actual and future events, conditions and results may differ materially from the estimates, beliefs, intentions and expectations expressed or implied in the forward looking information. Except as required under applicable securities legislation, The Company undertakes no obligation to publicly update or revise forward-looking information.