

Natures Hemp Formulates Hemp Based Coffee Creamer

Successful Trials by the University of Manitoba Lead to Healthy Alternative

VANCOUVER, Oct. 2, 2018 /CNW/ - **PUF Ventures Inc. ("PUF" or the "Company") (CSE: PUF) (Frankfurt: PU3) (OTCPK: PUFXF)**, an advanced Access to Cannabis for Medical Purposes Regulations ("ACMPR") license applicant, is pleased to announce that **Natures Hemp Corp.** ("Natures Hemp"), a biotechnology and consumer products company focused on unlocking the true value of hemp for both B2B and B2C markets, has reported the successful formulation and initial test results of a hemp based coffee creamer by the Richardson Centre of Functional Foods and Nutraceuticals at the University of Manitoba.

"Working with the University of Manitoba, Natures Hemp formulated an all-natural, hemp-based, non-dairy coffee creamer which tastes good and has all the characteristics of conventional creamers without the worrying ingredients," said Derek Ivany, President and CEO of PUF Ventures. "Coffee drinkers are looking for a healthy alternative to conventional coffee creamers and Natures Hemp all-natural coffee creamer comes with all the healthy benefits of cannabidiols including: healthy omega-3 and omega-6 fatty acids, iron, vitamin E, and essential amino acids."

Hemp is traditionally known for its use in textiles due its long and strong fibers, but hemp seeds have become the source of a robust health food and alternative medicinal marketplace. Hemp seeds are being recognized as a superfood, like flax and chia seeds, because they are high in protein, contain 20 amino acids, and are also high in the fatty acids omega-3 and omega-6. Seeds are typically pressed to produce oil and the remaining byproduct is processed into a flour from which products like pasta, baked goods and other healthy foods can be created. Nature Hemp's healthy alternative non-dairy coffee creamer is made using the whole seed with added water.

Cannabidiol (CBD) is the naturally occurring compound found in the seeds, stalk and flowers of hemp plants. Scientific and clinical research is ongoing but early indications show that CBD is a potential treatment for patients looking for relief from inflammation, pain, anxiety, psychosis, seizures, spasms, and other conditions. Potential health benefits from hemp food products include weight suppressant (high in fiber), immune-system booster, and an ability to lower blood pressure and cholesterol.

Natures Hemp is establishing a premium brand of quality CBD products, with an emphasis on health and wellness, in one of the fastest growing segments in the cannabis industry. The Company is focused at unlocking the true value of hemp by developing a new generation of plant-based, nutrient rich CBD food, beverage and healthcare related products.

About Natures Hemp Corp.

Nature Hemp is a biotechnology and consumer products company focused on unlocking the true value of hemp and developing a new generation of plant-based, nutrient rich cannabidiol (CBD) food, beverage and healthcare related products. It is establishing its own farms to produce high quality organic hemp plants and using a proprietary extraction technology to produce legal hemp fibers and CBD extract. It is also launching a premium brand of quality CBD products with an emphasis on health and wellness.

About PUF Ventures Inc.

PUF Ventures Inc. is a growth oriented and diversified company focused on the international cannabis industry. It has ownership in several cannabis companies including AAA Heidelberg and Propagation Services Canada in Canada, a large-scale greenhouse project in Australia and actively pursuing other opportunities within the cannabis industry. PUF has an option to purchase 100% of AAA Heidelberg Inc., an advanced applicant for an ACMPR license. For more information please visit: www.puf.ca.

ON BEHALF OF THE BOARD OF DIRECTORS

Derek Ivany
President & CEO

No stock exchange or securities regulatory authority has reviewed or accepted responsibility for the adequacy or accuracy of this release.

Some of the statements contained in this release are forward-looking statements, such as estimates and statements that describe the Issuer's future plans, objectives or goals, including words to the effect that the Issuer or management expects a stated condition or result to occur. Since forward-looking statements address future events and conditions, by their very nature, they involve inherent risks and uncertainties.

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CNW 08:30e 02-OCT-18