

LONG4LIFE LIMITED
(Incorporated in the Republic of South Africa)
(Registration number: 2016/216015/06)
Share code: L4L
ISIN: ZAE000243119
("Long4Life" or "the Company")

DEALINGS IN SECURITIES

In compliance with paragraphs 3.63 to 3.74 of the Listings Requirements of the JSE Limited ("JSE"), the following information is disclosed in respect of dealings in securities of the Company by a director of Chill Holdings Proprietary Limited ("Chill"), a major subsidiary of Long4Life:

Name:	Grant Hobbs Family Trust (an associate of G Hobbs)
Position:	Executive director
Nature of transaction:	Sale of Long4Life ordinary shares
No. of shares disposed:	20 000
Type and class of securities:	Ordinary shares
Date of transaction:	11 July 2019
Volume weighted average price:	R4.73
Highest price:	R4.73
Lowest price:	R4.73
Total value:	R94 600
Nature of interest:	Indirect beneficial

Name:	Grant Hobbs Family Trust (an associate of G Hobbs)
Position:	Executive director
Nature of transaction:	Sale of Long4Life ordinary shares
No. of shares disposed:	10 169
Type and class of securities:	Ordinary shares
Date of transaction:	12 July 2019
Volume weighted average price:	R4.72
Highest price:	R4.70
Lowest price:	R4.70
Total value:	R47 795.99
Nature of interest:	Indirect beneficial

The abovementioned transaction is on-market and pre-requisite clearance for the above transaction was obtained.

Johannesburg
15 July 2019

Sponsor: The Standard Bank of South Africa Limited