

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, the following information is disclosed in respect of dealings in securities by a director of a major subsidiary of the Company:

Name:	B Moritz
Company:	Holdsport Proprietary Limited
Nature of transaction:	On-market sale of Long4Life ordinary shares
No. of shares disposed:	475 000
Type and class of securities:	Ordinary shares
Date of transaction:	5 June 2019
Volume weighted average price:	R4.935
Highest price:	R5.00
Lowest price:	R4.90
Total value:	R2,341,750
Nature of interest:	Direct beneficial

The pre-requisite clearance for the above transaction was obtained.

Cape Town
6 June 2019

Sponsor: The Standard Bank of South Africa Limited