

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 an associate of a director of a major subsidiary of the Company:

Name:	K2016431157 (an associate of J Steyn)
Company:	Chill Holdings Proprietary Limited
Nature of transaction:	On-market sale of Long4Life ordinary shares
No. of shares disposed:	200 000
Type and class of securities:	Ordinary shares
Date of transaction:	21 June 2019
Volume weighted average price:	R4.80
Highest price:	R4.80
Lowest price:	R4.80
Total value:	R 960 000.00
Nature of interest:	Indirect beneficial

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

Johannesburg  
24 June 2019

Sponsor: The Standard Bank of South Africa Limited