

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 BY A DIRECTOR

In compliance with paragraphs 3.63 to 3.74 of the Listings Requirements of the JSE Limited ("JSE"), the following information is disclosed:

Director:	Brian Joffe
Company:	Long4Life
Class of securities:	Ordinary shares
Nature of transaction:	Quarterly allocation of ordinary shares (off market) in lieu of salary as disclosed in the Pre-Listing Statement dated 31 March 2017
Date of transaction:	29 March 2019
Number of securities:	250 000
Notional price per security:	R5.00
Notional value of transaction:	R1 250 000.00
Nature and extent of interest:	Direct beneficial
Clearance to deal:	Yes

Johannesburg
29 March 2019

Sponsor
The Standard Bank of South Africa Limited