

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:

Director:	Kevin Hodgson
Company:	Holdsport Limited
Class of securities:	Ordinary shares
Nature of transaction:	Off market disposal of shares
Date of transaction:	10 January 2018
Number of securities:	10 000 000
Price per security:	R4.90
Value of transaction:	R49 000 000
Nature and extent of interest:	Direct beneficial
Clearance to deal:	Yes

Director:	Brian Joffe
Associate:	JDL Holdings Proprietary Limited
Company:	Long4Life
Class of securities:	Ordinary shares
Nature of transaction:	Off market purchase of shares
Date of transaction:	10 January 2018
Number of securities:	1 538 460
Price per security:	R4.90
Value of transaction:	R7 538 454
Nature and extent of interest:	Indirect beneficial
Clearance to deal:	Yes

Director:	Colin Datnow
Associate:	L & C Datnow Trust
Company:	Long4Life
Class of securities:	Ordinary shares
Nature of transaction:	Off market purchase of shares
Date of transaction:	10 January 2018
Number of securities:	1 538 460
Price per security:	R4.90
Value of transaction:	R7 538 454
Nature and extent of interest:	Indirect beneficial
Clearance to deal:	Yes

Director:	Syd Muller
Company:	Long4Life
Class of securities:	Ordinary shares
Nature of transaction:	Off market purchase of share
Date of transaction:	10 January 2018
Number of securities:	1 538 460
Price per security:	R4.90

Value of transaction:	R7 538 454
Nature and extent of interest:	Direct beneficial
Clearance to deal:	Yes

Johannesburg
10 January 2018

Sponsor
The Standard Bank of South Africa Limited