

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 an associate of 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:	1 210
Type and class of securities:	Ordinary shares
Date of transaction:	28 January 2020
Price per security:	R3,80
Total value:	R4 598
Nature of interest:	Indirect beneficial

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

Johannesburg
31 January 2020

Sponsor: The Standard Bank of South Africa Limited