

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 by directors of a major subsidiary:

Name:	B Moritz
Company:	Holdsport Proprietary Limited
Nature of transaction:	On market sale of Long4Life shares
No. of shares disposed:	500 000
Type and class of securities:	Ordinary shares
Date of transaction:	21 January 2019
Price per security:	R4.86
Total value:	R2 430 000
Nature of interest:	Direct beneficial

Name:	JP Loubser
Company:	Holdsport Proprietary Limited
Nature of transaction:	On market sale of Long4Life shares
No. of shares disposed:	100 000
Type and class of securities:	Ordinary shares
Date of transaction:	21 January 2019
Price per security:	R4.847
Total value:	R484 700
Nature of interest:	Direct beneficial

The pre-requisite clearances for the above transactions were obtained.

Johannesburg
22 January 2019

Sponsor: The Standard Bank of South Africa Limited