

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 Holdsport Proprietary Limited ("Holdsport"), a major subsidiary of Long4Life:

Name:	The JP Loubser Family Trust (an associate of JP Loubser)
Position:	Executive director
Nature of transaction:	Sale of Long4Life ordinary shares
No. of shares disposed:	95 287
Type and class of securities:	Ordinary shares
Date of transaction:	17 February 2020
Price per security:	R3,60
Total value:	R343 033
Nature of interest:	Indirect beneficial

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

Johannesburg
19 February 2020

Sponsor: The Standard Bank of South Africa Limited