

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

Long4Life refers shareholders to the announcement released on SENS on Monday, 22 June 2020, regarding the dealings in securities of the Company by directors of Holdsport Proprietary Limited ("Holdsport"), a major subsidiary of the Company. Shareholders are advised that the acceptance date is Monday, 15 June 2020.

Cape Town  
25 June 2020

Sponsor: The Standard Bank of South Africa Limited