

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

Name:	B Moritz
Position:	Executive director
Nature of transaction:	Sale of Long4Life ordinary shares
No. of shares disposed:	147 831
Type and class of securities:	Ordinary shares
Date of transaction:	11 December 2019
Price per share:	R4.203
Total value:	R621 334
Nature of interest:	Direct beneficial

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

Johannesburg  
13 December 2019

Sponsor: The Standard Bank of South Africa Limited