

PRESS RELEASE

DATE: November 22, 2019

TSX-V: IPD

GRANT OF STOCK OPTIONS

International Parkside Products Inc. (the “Company”) announces that it has granted options to its directors, officers and consultants for an aggregate of 1,215,000 common shares, exercisable at \$0.10 per share for five years.

The option agreements to be issued will be subject to the TSX four (4) month hold period and will be granted in accordance with the Company’s Stock Option Plan.

On behalf of the board

Signed: “Murray Keating”

Murray Keating,
President and Chief Executive Officer

Neither TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release. This release has been prepared by management and no regulatory authority has approved or disapproved the information contained herein.