



NEWS RELEASE

VANC Pharmaceuticals Announces Stock Option Grant

November 14, 2014 – VANC Pharmaceuticals Inc. (“**Vanc**” or the “**Company**”) announces it has set aside 150,000 incentive stock options at \$0.15 per share for a period of five years to an officer of the Company.

On behalf of:

Vanc Pharmaceuticals Inc.

Jamie Lewin,

Director and CFO

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Cautionary Note Regarding Forward-looking Statements: Information in this press release that involves VANC’s expectations, plans, intentions or strategies regarding the future are forward-looking statements that are not facts and involve a number of risks and uncertainties. VANC generally uses words such as “outlook,” “will,” “could,” “would,” “might,” “remains,” “to be,” “plans,” “believes,” “may,” “expects,” “intends,” “anticipates,” “estimate,” “future,” “plan,” “positioned,” “potential,” “project,” “remain,” “scheduled,” “set to,” “subject to,” “upcoming,” and similar expressions to help identify forward-looking statements. The forward-looking statements in this release are based upon information available to VANC as of the date of this release, and VANC assumes no obligation to update any such forward-looking statements. Forward-looking statements believed to be true when made may ultimately prove to be incorrect. These statements are not guarantees of the future performance of VANC and are subject to risks, uncertainties and other factors, some of which are beyond its control and may cause actual results to differ materially from current expectations.