

FOR IMMEDIATE RELEASE: November 12, 2009

US PATENT GRANTED TO VANCOUVER BASED NATURAL SUPPLEMENT COMPANY

November 12, 2009 (Vancouver, BC) – SierraSil Health Inc. announces that the company has been granted a rare US Patent for SierraSil® as a *nutritional supplement for Osteoarthritis*. SierraSil Health Inc. is one of few Canadian companies to be granted a patent for a natural health supplement. This achievement follows closely on the heels of being recognized as one of 2008's fastest growing natural products companies in North America by the leading industry authority, the Nutrition Business Journal.

SierraSil's Joint Formula14™ is a proprietary 100% all natural mineral containing a wide array of macro and trace minerals in a rich clay structure, with natural healing and detoxifying properties. It is widely recognized to have properties that promote healing in people with inflammatory conditions such as arthritis. It is used by numerous professional sports organizations and athletes.

Dr. Alan Brookstone, MD, President and CEO of Cientis Technologies, commented that, "I've known about the anti-inflammatory properties of SierraSil® for some time, from my own experience and having had patients who use it. So SierraSil's effectiveness is no surprise to me and I congratulate the company for the patent and the recognition that it brings to the research to date on this unique mineral supplement."

Since its inception, SierraSil® has undergone exponential growth in the Canadian marketplace achieving year over year sales growth in excess of 300% last year alone. SierraSil® is sold through natural product retailers in Canada as well as online. Many natural product retailers count SierraSil® amongst their best selling products.

The company is currently embarking on an aggressive expansion into the US market.

"We have worked very hard to ensure that our product truly makes a difference in peoples' lives - and that seems to be happening. Every day we hear from people who have had a profound quality-of-life improvement related directly to their use of SierraSil," said Michael Bentley, President of SierraSil Health Inc. "The US patent and our rapid growth is directly related to the product's efficacy."

About SierraSil Health Inc.

SierraSil Health Inc. was founded in 2003 to market SierraSil®, a proprietary natural mineral powder that is safe and effective for joint health and comfort. Research shows that SierraSil® eases joint and muscle aches, reduces stiffness and helps prevent cartilage breakdown associated with exercise and movement. Clinical results are

available at <http://www.sierrasil.com>. The company strives to provide exceptional customer service, is ethical in all relationships, and supports all health claims with quality research. SierraSil Health Inc. has a vision to help give athletes a competitive edge and to help boomers and seniors enjoy active lifestyles.

FOR MORE INFORMATION, PLEASE CONTACT:

Michael Bentley
President, SierraSil Health Inc.
604.676.4450 (ext. 225)
mbentley@sierrasil.com