

P R E S S   R E L E A S E

*for immediate release*



**PLANET ORGANIC**  
HEALTH CORP.

**July 5, 2007**

## **Planet Organic Health Corp. Closes Mrs Green's Acquisition and Prepares for North American Expansion**

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Edmonton, Alberta. **Planet Organic Health Corp.**( "**Planet Organic**") – (TSX Venture Exchange – POH) announced yesterday that they have closed the acquisition of Mrs Green's Natural Market Inc. ("Mrs Greens Natural Market").

"What an exciting time for our Company" reports Darren Krissie, VP & CFO of Planet Organic. "We set our sites on entering the U.S. market by 2008 and we achieved it – not only ahead of schedule, but with a quality run chain with solid revenues and EBITDA."

"This is not only a strategic move for Mrs Green's Natural Market, but for our staff as well" states Harold and June Hochberger. "This will provide our employees with the opportunity to grow within a larger organization."

"We are now continuing our expansion in both Canada and the U.S. via new store development and further acquisitions" reports Darren Krissie, CFO of Planet Organic. "It's great to have Mrs Green's Natural Market as part of our growing organization."

### **ABOUT PLANET ORGANIC HEALTH CORP.**

Planet Organic Health Corp. (TSX-V: POH), is a natural products industry company, comprising manufacturing, distribution and retail. Planet is listed on the TSX Venture Exchange as a Tier One company. Planet operates eight natural food supermarkets throughout Canada under the *Planet Organic Market* banner. The Company also operates 50 natural health outlets under the *Sangster's Health Centre* banner and seven natural health outlets under the *Healthy's* banner. Another POHC company, *Trophic Canada* is the country's leading manufacturer of natural supplements. The Company has a total of 64 stores throughout Canada and 11 stores in the U.S.

Mrs. Greens Natural Market was represented in the transaction by Partnership Capital Growth, LLC, member NASD/SIPC, a San Francisco based financial advisory firm focused exclusively on capital raising and M&A support in the area of healthy, active and sustainable living.

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The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release.

***Forward-Looking Statements***

Certain information included herein is forward-looking. Forward-looking statements include, without limitation, statements regarding the future financial position, business strategy, budgets, projected costs, capital expenditures, financial results, taxes and plans and objectives of or involving Planet. Many of these statements can be identified by looking for words such as “believe”, “expects”, “expected”, “will”, “intends”, “projects”, “anticipates”, “estimates”, “continues”. Planet Organic believes the expectations reflected in such forward-looking statements are reasonable but no assurance can be given that these expectations will prove to be correct and such forward-looking statements should not be unduly relied upon. Forward-looking statements are not guarantees of future performance and involve a number of risks and uncertainties some of which are described in Planet Organic’s continuous disclosure documents. Such forward-looking statements necessarily involve known and unknown risks and uncertainties and other factors, which may cause Planet Organic’s actual performance and financial results in future periods to differ materially from any projections of future performance or results expressed or implied by such forward-looking statements. Such factors include, but are not limited to: general economic, market and business conditions; industry capacity; competitive action by other companies; refining and marketing margins; the ability of suppliers to meet commitments; actions by governmental authorities including increases in taxes; changes in environmental and other regulations; and other factors, many of which are beyond the control of Planet Organic. Any forward-looking statements are made as of the date hereof and Planet Organic does not undertake any obligation, except as required under applicable law, to publicly update or revise such statements to reflect new information, subsequent or otherwise.