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NEWS RELEASE

CHANGES IN THE LEADERSHIP OF HELIX POLSKA

(Aurora, Ontario) - Helix BioPharma Corp. (TSX, FSE: "HBP"), a biopharmaceutical company developing drug candidates for the prevention and treatment of cancer, announces changes in the leadership team of its Polish subsidiary "Helix Polska". The appointments are effective as of January, 28, 2016.

Dr. Zbigniew Markowski, CEO of Helix Biopharma Corp., has been appointed Chairman of the Board of Helix Polska supported by two additional Board members, Dr. Marek Orłowski and Prof. Sławomir Majewski. Dr. Paweł Wisniewski has been appointed CEO of Helix Polska. Helix Polska operates out of Warsaw, Poland and it is planned to become the Company's Scientific Research and Clinical Development Unit in Europe.

"Dr. Orłowski is one of the few leading figures in Biotech in Poland" said Dr. Markowski "and we are very proud to have him on board and are very grateful for his strong input into Helix Polska."

Dr. Orłowski is currently a CEO of Adiuvo S.A., an investment holding company domiciled in Poland. Adiuvo invests in biomedicine and medical technologies. Dr. Orłowski has previously acted as a consultant for Sanofi Aventis for portfolio development and globalization of brands, a position he had held since 2010. Dr. Orłowski is the co-founder of the Polish pharmaceutical company, Nepentes S.A., which was acquired by Sanofi-Aventis in 2010. He is a board member and Chief Executive Officer of Airway Medix Sp. z.o.o., a Polish-Israeli company that produces ventilation assistance devices for intensive care units. Dr. Orłowski holds a MD (Medical Director) degree from the Medical Academy of Warsaw.

Dr. Heman Chao, Chief Scientific Officer of Helix BioPharma Corp., said, *"Now that we have the right leadership team in place, I am very excited to leverage the huge potential of our DOS47 technology platform in Poland."*

About Helix Polska

Helix Polska is a fully-owned subsidiary of Helix BioPharma Corp. specializing in the pre-clinical development and basic research in the field of cancer therapies. Helix Polska will support its parental company in an early stage development of the new products based on DOS47 technological platform. Currently, Helix Polska is developing a novel molecule v-DOS47, targeting breast cancer, in accordance with the license agreement signed in December 2015. v-DOS47 is a first drug candidate that will be developed by Helix BioPharma Corp. outside Canada. In the future, next products will enter Helix Polska's pipeline, as the Company hopes to benefit from funding grants from both Poland and the European Union.

About Helix BioPharma Corp.

Helix BioPharma Corp. is a biopharmaceutical company specializing in the field of cancer therapy. The company is actively developing innovative products for the prevention and treatment of cancer based on its proprietary technologies. Helix's product development initiatives include its novel L-DOS47 new drug candidate and its Topical Interferon Alpha-2b. Helix is currently listed on the TSX and FSE under the symbol "HBP".

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Forward-Looking Statements and Risks and Uncertainties

This news release contains certain forward-looking statements and information (collectively, "forward-looking information") within the meaning of applicable Canadian securities laws. Forward-looking information means disclosure regarding possible events, conditions or financial performance that is based on assumptions about future economic conditions and courses of action and includes financial projections and estimates, statements regarding plans, goals, objectives, intentions and expectations with respect to Helix's future business, operations, research and development, including the Helix Polska's development activities relating to v-DOS47 and other information in future periods. Forward-looking information includes, without limitation, those statements relating to the nature, means of funding, coordination of and benefits to be derived from the development activities expected to be undertaken by Helix Polska and other information in future periods. Forward-looking information may be identified by words including, without limitation, "believe", "will", "expected", "hopes", "may" and other similar expressions, are intended to provide information about management's current plans and expectations regarding the conduct of the development activities of Helix Polska and the other operations of Helix.

Although Helix believes that the expectations reflected in such forward-looking information are reasonable, such statements involve risks and uncertainties that may cause actual results or events to differ materially from those anticipated and no assurance can be given that these expectations will be realized, and undue reliance should not be placed on such statements. Risk factors that could cause actual results or events to differ materially from the forward-looking statements include, without limitation: (i) the inherent uncertainty involved in scientific research and drug development; (ii) future expenditures, the insufficiency of the Company's current cash resources and the need to secure additional financing on terms satisfactory to Helix or at all, including the risk that Helix Polska may be unable to secure non-dilutive financing sufficient to fund all or any part of its development activities; (iii) that Helix Polska's development activities do not proceed on the timelines anticipated or at all, including that the results of such development activities will not justify future clinical development or provide the anticipated benefits to the DOS47 platform as a whole; and (iv) those risks and uncertainties affecting Helix as more fully described in Helix's most recent Annual Information Form, including under the headings "Forward-Looking Statements" and "Risk Factors", filed under Helix's profile on SEDAR at www.sedar.com (together, the "Helix Risk Factors"). Certain material factors or assumptions are applied in making the forward-looking information, including, without limitation, that the Helix Risk Factors will not cause Helix's actual results or events to differ materially from the forward-looking information.

Forward-looking information is based on the beliefs, assumptions and expectations of Helix's management on the date of this news release, and Helix does not assume any obligation to update any forward-looking information should those beliefs, assumptions or expectations, or other circumstances change, except as required by law.