

FORM 11

NOTICE OF STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: Better Plant Sciences Inc. (the "Issuer").

Trading Symbol: PLNT

Date: August 18, 2020

1. New Options Granted:

Date of Grant: August 14, 2020

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Management Company)	Insider Yes or No?	No. of Optioned Shares	Exercise Price	Expiry Date ⁽¹⁾	No. of Options Granted in Past 12 Months
Employee Grant	Employee	N	400,000	\$0.10	August 14, 2025	120,000
Total			400,000			

Note:

- (1) Or earlier in accordance with the Issuer's incentive stock option plan (the "Plan"). The Plan states that if a director, officer, employee or consultant ceases to be engaged by the Issuer for any reason other than death, such director, officer, employee or consultant shall have the right to exercise any vested options granted to him and not exercised prior to such termination within 90 days after the date of termination, or such shorter period as may be set out in his written agreement.

Total Number of optioned shares proposed for acceptance: **400,000**.

2. Other Presently Outstanding Options:

Name of Optionee	No. of Optioned Shares ⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date ⁽¹⁾
Employee	230,000	\$0.10	October 16, 2017	October 16, 2022
Consultants	50,000	\$0.10	November 22, 2017	November 22, 2022
Director	750,000	\$0.15	January 8, 2018	January 8, 2023
Employee	200,000	\$0.40	January 30, 2018	January 30, 2023
Consultant	400,000	\$0.40	February 13, 2018	February 13, 2023

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Officer	1,000,000	\$0.40	February 16, 2018	February 16, 2023
Various Employees, Consultants, Directors and Officers	800,000	\$0.40	February 28, 2018	February 28, 2023
Employees	200,000	\$0.40	March 8, 20018	March 8, 2023
Consultant	40,000	\$0.40	March 22, 2018	March 22, 2023
Officer	300,000	\$0.40	April 30, 2018	April 30, 2023
Consultant	25,000	\$0.50	June 21, 2018	June 21, 2023
Consultant	30,000	\$0.50	July 9, 2018	July 9, 2023
Employees, Consultants, Directors and Officers	16,500	\$0.25	August 15, 2018	August 15, 2023
Employees, Consultants, Directors and Officers	1,140,000	\$0.23	December 17, 2018	December 17, 2023
Employees, Consultants, Directors and Officers	240,000	\$0.51	January 8, 2019	January 8, 2024
Consultant and Employees	1,075,000	\$0.62	January 31, 2019	January 31, 2024
Employees, Consultants, Directors and Officers	1,110,000	\$0.78	February 21, 2019	February 21, 2024
Employees and Consultants	200,000	\$0.73	March 5, 2019	March 5, 2024
Employees, Consultants, and Officers	508,000	\$0.62	April 2, 2019	April 2, 2024
Consultants and Employees	356,800	\$0.70	April 16, 2019	April 16, 2024
Consultants	600,000	\$0.69	April 29, 2019	April 29, 2024
Employee	80,000	\$0.62	May 7, 2019	May 7, 2024
Employee	125,028	\$0.57	May 13, 2019	May 13, 2024
Consultant	1,000,000	\$0.58	May 22, 2019	May 22, 2024
Consultant and Employee	70,000	\$0.31	June 24, 2019	June 24, 2024
Officers	620,000	\$0.38	July 17, 2019	July 17, 2024
Consultant	40,000	\$0.27	September 12, 2019	September 12, 2024
Consultant and Employee	100,000	\$0.25	October 10, 2019	October 10, 2024
Officers and Consultants	600,000	\$0.34	October 21, 2019	October 21, 2024
Director, Officers, Consultants, and Employees	297,000	\$0.28	November 28, 2019	November 28, 2024
Employees and Consultants	150,000	\$0.245	December 9, 2019	December 9, 2024
Directors and Officers	1,300,000	\$0.195	January 2, 2020	January 2, 2025

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Director	400,000	\$0.28	January 13, 2020	January 13, 2025
Consultant	200,000	\$0.285	January 15, 2020	January 15, 2025
Employee	100,000	\$0.28	February 5, 2020	February 5, 2025
Director, Officers, Consultants, and Employees	1,190,000	\$0.21	March 2, 2020	March 2, 2025
Consultant	100,000	\$.0205	March 12, 2020	March 12, 2025
Consultant	100,000	\$0.17	April 22, 2020	April 22, 2025
Director and Employee	220,000	\$0.15	May 25, 2020	May 25, 2025
Employee	50,000	\$0.14	June 9, 2020	June 9, 2025
Employee	100,000	\$0.12	June 19, 2020	June 19, 2025
Employee	30,000	\$0.10	July 25, 2020	July 25, 2025
Directors	750,000	\$0.10	July 31, 2020	July 31, 2025
Total:	16,893,328			

Note:

- (1) Please see footnote to the table in item 1.

3. Additional Information

- (a) If shareholder approval was required for the grant of options (including prior approval of a stock option plan), state the date that the shareholder meeting approving the grant was or will be held. Shareholder approval was not required.
- (b) State the date of the news release announcing the grant of options. Not applicable.
- (c) State the total issued and outstanding share capital at the date of grant or amendment. 149,845,282
- (d) State, as a percentage of the issued and outstanding shares of the Issuer indicated in (c) above, the aggregate number of shares that are subject to incentive stock options, including new options, amended options and other presently outstanding options. 11.54% consisting of the 400,000 new options and 16,893,328 presently outstanding options.
- (e) If the new options are being granted pursuant to a stock option plan, state the number of remaining shares reserved for issuance under the plan. The Plan does not state a maximum number of shares that may be reserved for issuance, so there are an unlimited number of shares reserved for issuance under the Plan.

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- (f) If the Issuer has completed a public distribution of its securities within 90 days of the date of grant, state the per share price paid by the public investors.
Not applicable.
- (g) Describe the particulars of any proposed material changes in the affairs of the Issuer. There are no proposed material changes to the Issuer's affairs.

4. Certificate of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof there is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 11 Notice of Proposed Stock Option Grant or Amendment is true.

Dated August 18, 2020.

Penny White
Name of Director or Senior
Officer

"Penny White"
Signature

President, CEO and a Director
Official Capacity