

FORM 7

MONTHLY PROGRESS REPORT

Name of CNSX Issuer: Integrated Cannabis Company Inc. formerly CNRP Mining Inc. (the "Issuer" or the "Company").

Trading Symbol: ICAN

Number of Outstanding Listed Securities: 36,694,308 as at February 1, 2019

Date: February 1, 2019 (for the month of **January** 2019)

Report on Business

- 1. Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.**

The Issuer through its wholly owned subsidiary XSPRAYS Industries Inc. owns the worldwide exclusive rights to market and sell as dietary supplements for nonmedical use only cannabinoid and cannabis infused sprays. In addition, the Company has a non-exclusive license to market and sell as dietary supplements for non-medical use of non-cannabis infused sprays.

- 2. Provide a general overview and discussion of the activities of management.**

During the month of **January** 2019, the Issuer:

- o Successfully exhibited at the 2019 Athens Cannabis Expo in Athens, Greece.
- o Continued to build out its marketing efforts for the new business and tended to general management and administrative matters.

- 3. Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.**

Not applicable to the Issuer during the month of **January** 2019.

- 4. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.**

Not applicable to the Issuer during the month of **January** 2019.

- 5. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.**

Not applicable to the Issuer during the month of **January** 2019.

6. **Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.**

Not applicable to the Issuer during the month of **January 2019**.

7. **Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.**

Not applicable to the Issuer during the month of **January 2019**.

8. **Describe the acquisition of new customers or loss of customers.**

Not applicable to the Issuer during the month of **January 2019**.

9. **Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks.**

Not applicable to the Issuer during the month of **January 2019**.

10. **Report on any employee hiring's, terminations or lay-offs with details of anticipated length of lay-offs.**

Not applicable to the Issuer during the month of **January 2019**.

11. **Report on any labour disputes and resolutions of those disputes if applicable.**

Not applicable to the Issuer during the month of **January 2019**.

12. **Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.**

Not applicable to the Issuer during the month of **January 2019**.

13. **Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.**

Not applicable to the Issuer during the month of **January 2019**.

14. **Provide details of any securities issued and options or warrants granted.**

Not applicable to the Issuer during the month of **January 2019**.

15. Provide details of any loans to or by Related Persons.

N/A

16. Provide details of any changes in directors, officers or committee members.

N/A

17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.

N/A

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 were/is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to CNSX 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 CNSX Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated: [February 1, 2019](#)

[Eugene Beukman](#)
 Name of Director or Senior Officer
[Signed "Eugene Beukman"](#)
 Signature
[CFO](#)
 Official Capacity

Issuer Details Name of Issuer Integrated Cannabis Company Inc.	For Month End January 2019	Date of Report YY/MM/DD 19/02/01
Issuer Address Suite 810 – 789 West Pender Street		
City/Province/Postal Code Vancouver, BC V6C 1H2	Issuer Fax No. 604-687-3141	Issuer Telephone No. 604-687-2038
Contact Name Eugene Beukman	Contact Position CFO	Contact Telephone No. 604-687-2038
Contact Email Address ebeukman@pendergroup.ca	Web Site Address NONE	