FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **Koios Beverage Corp.** (the "Issuer").

Trading Symbol: **KBEV**

Number of Outstanding Listed Securities: **76,957,170 common shares were issued and outstanding as of August 31, 2019**

Date: **September 4, 2019** (for the month of **August, 2019**)

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced and non-promotional.

General Instructions

(a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.

(b) The term "Issuer" includes the Issuer and any of its subsidiaries.

(c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

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 Koios, Inc. ("**Koios**"), is an emerging functional beverage company which has an available distribution network of more than 4,300 retail locations across the United States in which to sell its products. Koios has relationships with some of the largest and most reputable distributors in the United States, including GNC, Walmart Inc., and

Wishing-U-Well. Together these retailers represent over 50,000 brick and mortar locations across the United States from sports nutrition stores to large natural grocery chains. Through its partnership with Wishing-U-Well, Koios also enjoys a large presence online, including being an Amazon choice product. Koios is also the sole owner of Cannavated Beverage Corp., a subsidiary that develops beverage products and formulas for the growing CBD market. Koios uses a proprietary blend of nootropics and natural organic compounds to enhance human productivity without using harmful chemicals or stimulants. Koios products can enhance focus, concentration, mental capacity, memory retention, cognitive function, alertness, brain capacity and create all day mental clarity. Its ingredients are specifically designed to target brain function by increasing blood flow, oxygen levels and neural connections in the brain.

During the month of **August 2019**, the Issuer announced that it had appointed Mr. Travis Tharp to its Advisory Board. Mr. Tharp is currently the President and Chief Operating Officer ("COO") of Colorado based Keef Brands ("Keef"), which purveys a pioneering line of cannabis infused beverages, edibles, concentrates, vapes and oils. Mr. Tharp's addition to the Issuer's Advisory Board complements the Issuer's current relationship with Keef, in which Keef supplies crystalized water soluble CBD for Koios beverage products.

The Issuer continues to seek opportunities to expand its brand and increase distribution in Canada and the United States.

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

During the month of **August 2019,** management's principal activities consisted of:

- expanding its product line and working with distributors to sell its products;
- expanding e-commerce, direct to consumer and distribution platforms;
- providing an update to announce that it has added Mr. Travis Tharp, the current President and COO of Keef to its Advisory Board; and
- 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.

There were no new products or services developed or offered during the month of **August 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.

There were no products or services discontinued during the month of **August 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.

   The were no new business relations 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 during the month of **August 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.

   There were no contracts or agreements between the Issuer, the Issuer's affiliates or third parties, and there were any previously announced financing arrangements cancelled, expired or terminated during the month of **August 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.

   There were no asset acquisitions or dispositions by the Issuer during the preceding month of **July 2019**.

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

   There were no acquisitions of new customers or loss of customers during the month of **August 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.

   There were no new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks during the month of **August 2019**.

10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

    There were no employee hirings, terminations or lay-offs during the month of **August 2019.**

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

    There were no labour disputes during the month of **August 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.

There were no legal proceedings to which the Issuer became party to during the month of **August 2019.**

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

There was no indebtedness incurred or repaid by the Issuer during the month of **August 2019**.

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

During the month of **August 2019**, there were no securities, including options and warrants issued by the Issuer.

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

There were no loans to or by Related Persons of the Issuer during the month of **August 2019**.

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

As at the date of this report, the directors and officers of the Issuer are as follows:

Konstantin Lichtenwald – Director

Christopher Miller – Director, Chief Executive Officer and interim Corporate Secretary

Erik LeVang – Director

Johannes (Theo) van der Linde – Chief Financial Officer

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

The trends and risks which are likely to impact the Issuer are detailed in the Issuer's Management Discussion and Analysis for the nine months ended February 28, 2019 dated as of April 29, 2019 (the "MD&A") under the headings "FINANCIAL INSTRUMENTS", OTHER RISKS AND UNCERTAINTIES" and "RISKS AND UNCERTAINTIES". The MD&A is available on the Issuer's SEDAR profile at www.sedar.com.

[the balance of this page is left intentionally blank]

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 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 7 Monthly Progress Report is true.

Dated September 4, 2019.

Christopher Miller
Name of Director or Senior Officer

"Christopher Miller"
Signature

Chief Executive Officer
Official Capacity

Issuer Details Name of Issuer Koios Beverage Corp.	For Month End August 2019	Date of Report YY/MM/D 2019/09/04
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 Christopher Miller	Contact Position CEO	Contact Telephone No. (303) 946-2728
Contact Email Address Chris@koiosbeveragecorp.com	Web Site Address www.mentaltitan.com	