

FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: **HAVN Life Sciences Corp.** (the "Issuer") _____

Trading Symbol: **HAVN** _____

Date: **September 14, 2020** _____

1. New Options Granted:

Date of Grant: **September 10, 2020** _____

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Management Company)	Insider Yes or No?	No. of Optioned Shares	Exercise Price	Expiry Date	No. of Options Granted in Past 12 Months
Tim Laidler	Director	Yes	250,000	\$0.65	September 10, 2025	Nil
Ricky Brar	Director	Yes	250,000	\$0.65	September 10, 2025	Nil
Vic Neufeld	Director	Yes	250,000	\$0.65	September 10, 2025	Nil
Barinder Rasode	Director	Yes	250,000	\$0.65	September 10, 2025	Nil
Robert Nygren	Director	Yes	250,000	\$0.65	September 10, 2025	Nil
Tim Moore	Officer	Yes	250,000	\$0.65	September 10, 2025	500,000
Various Consultants	Consultants	No	635,000	\$0.65	September 10, 2025	Nil

Total Number of optioned shares proposed for acceptance: **2,135,000** _____

2. Other Presently Outstanding Options:

Name of Optionee	No. of Optioned Shares ⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date
Tim Moore	500,000	\$0.25	June 4, 2020	June 4, 2025
Eli Dusenbury	250,000	\$0.25	June 4, 2020	June 4, 2025

(1) Sets out number of optioned shares for each grant with different terms

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 for the grant of options.

- (b) State the date of the news release announcing the grant of options.

The news release was issued on September 10, 2020.

- (c) State the total issued and outstanding share capital at the date of grant or amendment.

As of the date of grant, a total of 66,771,000 common shares of the Issuer are issued and outstanding.

- (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.

The aggregate number of shares that are subject to incentive stock options, including new options, amended options and other presently outstanding options represent 4.32% of the issued and outstanding shares of the Issuer.

- (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.

10,469,200

- (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 in the affairs of the Issuer.

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 September 14, 2020

Eli Dusenbury
Name of Director or Senior Officer

/s/ Eli Dusenbury
Signature

Chief Financial Officer
Official Capacity