FORM 7

MONTHLY PROGRESS REPORT

Name of CNSX Issuer: **Nova Mentis Life Science Corp.** ("the "Issuer").

Trading Symbol: **NOVA**

Number of Outstanding Listed Securities: **111,137,867**

Date: **December, 2020**

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.

   On December 3, the Issuer announced the appointment of Dr. Marvin S. Hausman, MD as Chairman of its Scientific Advisory Board, effective immediately.

   On December 8, the Issuer announced that it had uncovered molecular and bacteriologic diagnostic markers in its recently completed preclinical model study of autism spectrum disorder (ASD). This behavioral study, based on prenatal exposure to valproic acid (VPA) in rats, was designed, in conjunction with Dr. Viviana Trezza, Department of Science, Roma Tre University, Rome, Italy, by Pilz Bioscience Corp (Pilz), a wholly-owned subsidiary of the Issuer.

   On December 29, the Issuer announced that it had added two additional psychedelic compounds to its drug portfolio. The Issuer contracted with its U.S. partner to begin manufacturing the active pharmaceutical ingredients (API), baeocystin and aeruginascin.

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

   Management's focus has been on the development of its portfolio of health and wellness businesses.

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.

   This section is not applicable to the Issuer.

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.

   This section is not applicable to the Issuer.

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.

   This section is not applicable to the Issuer.

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.

This section is not applicable to the Issuer.

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.

This section is not applicable to the Issuer.

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

This section is not applicable to the Issuer.

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.

This section is not applicable to the Issuer.

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

This section is not applicable to the Issuer.

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

This section is not applicable to the Issuer.

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.

This section is not applicable to the Issuer.

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

This section is not applicable to the Issuer.

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

Security	Number Issued	Details of Issuance	Use of Proceeds[(1)]
Stock Options	**712,000**	**(2)**	**N/A**

(1)State aggregate proceeds and intended allocation of proceeds.

(2) During the month of December, the Issuer granted stock options to consultants of the Issuer. 200,000 are exercisable at $0.265 per share and expire December 1, 2022. 112,000 are exercisable at $0.265 per share and expire December 1, 2021. 200,000 are exercisable at $0.30 per share and expire December 11, 2022. 200,000 are exercisable at $0.29 per share and expire December 17, 2023.

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

This section is not applicable to the Issuer.

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

This section is not applicable to the Issuer.

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

This section is not applicable to the Issuer.

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 7 Monthly Progress Report is true.

Dated: January 6, 2021

Will Rascan
Name of Director or Senior Officer

"Will Rascan"
Signature

President & CEO
Official Capacity

Issuer Details Name of Issuer Nova Mentis Life Science Corp.	For Month End December	Date of Report YY/MM/D 21/0106
Issuer Address 700-838 W Hastings Street		
City/Province/Postal Code Vancouver, BC, V6C 0A6	Issuer Fax No. n/a	Issuer Telephone No. (778) 819-0244
Contact Name Kelly Pladson	Contact Position Corporate Secretary	Contact Telephone No. (778) 819-0244

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