

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: HAVN Life Sciences Inc. (the "Issuer")

Trading Symbol: HAVN

Number of Outstanding Listed Securities: 126,581,856 (as at September 30, 2021)

Date: October 6, 2021

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 is a biotechnology company pursuing standardized extraction of psychedelic compounds for the creation of APIs, the development of natural health products, and innovative therapies to support brain health and enhance the capabilities of the mind. Through its research division, the Issuer has developed an end-to-end supply chain of standardized, naturally derived psychedelic compounds for research that will define the future of modern medicine. With its new line of natural health products, the Issuer offers a full range of high-quality mushroom and plant extracts that help boost immune function, reduce inflammation and support a healthy lifestyle.

During the month of September 2021, the Issuer actively continued general and corporate operations.

Global Outbreak of COVID-19 Disclosure: The actual and threatened spread of the virus globally has had a material adverse effect on the regional economies in which the Issuer operates and could continue to result in negative impacts on the stock market, including trading prices of the Issuer's shares, and the ability to raise capital and could impact the

Issuer's operations.

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

During the month of September 2021, management continued to support and control the Issuer's business activities, develop the Issuer's business, and search for strategic business relationships as further outlined below.

On September 21, 2021, the Issuer announced by way of news release their partnership with [Horizon Grocery + Wellness](#) ("Horizon"), Western Canada's leading distributor of organic and natural foods, natural personal care items, and nutritional health supplements (the "Distribution Deal"). Horizon will distribute the full portfolio of the Issuer's line of natural health products. The Issuer also announced that it has recently partnered with Well.ca, one of the biggest online natural health retailers in Canada.

With this partnership in place, the Issuer adds to its expanding retail and distribution network, which currently includes Choices Market and Nesters Market locations in B.C., as well as online retailers [Well.ca](#) and [Amazon.ca](#) and through its own ecommerce site, [yourhavnlife.com](#), shipping to Canada and the U.S.

The first purchase order of the Issuer's products is expected to be placed in early November, in time for Horizon's December Specials Catalogue running November 22 to December 19, 2021.

The Issuer's natural health product formulations are non-GMO, vegan, bioavailable, and naturally derived from functional mushrooms and other plants and created with human optimization in mind. The natural health product line has been thoughtfully formulated with adaptogens and antioxidants to support overall brain health, with natural compounds that are proven to support memory, focus, energy, and overall cognitive function.

On September 23, 2021, the Issuer announced by way of news release its partnership with California-based [Mycrodose Therapeutics](#), one of only a few private companies that has been granted a Schedule I License to research four psychedelic compounds including psilocybin, MDMA, DMT, & LSD by the United States Drug Enforcement Agency (DEA).

The Issuer will work with its partners to export their naturally derived psilocybin to Mycrodose Therapeutics, where it will be used in the development of advanced drug delivery (ADD) systems to treat mental health and cognitive degenerative diseases, as well as be distributed to appropriately licenced customers in the U.S.

Mycrodose Therapeutics is an ideal partner for the Issuer, with a successful track-record of working with the FDA and navigating the clinic trial process, along with a proven track record of core business fundamentals and successful M&A ventures. This partnership in is a very important milestone for the Issuer and will be a gateway to any appropriately licensed customer in the U.S., research-focused or otherwise.

This partnership allows naturally derived GMP psilocybin to be available in the U.S. for a better price than what is available to companies right now. The partnership also eases the supply chain issues currently facing the hundreds of pharmaceutical companies, research institutions, and non-profits across the U.S. that cannot find psilocybin at an affordable price.

With Mycrodose Therapeutics onboard, the Issuer further consolidates its position as an early mover with its ability to supply companies with high-quality, naturally derived

psilocybin as markets open up around the globe, demonstrating itself to be a supply chain leader in the industry.

On September 29, 2021, the Issuer announced by way of news release that it has completed the acquisition (the “Acquisition”) of patented natural health product formulations that support brain health from Bennett’s Choice (the “Patented Formulations”). The Acquisition adds more products to the Issuer’s existing line of natural health products, with additional product launches planned in the near future.

In connection with the Acquisition, Bennett’s Choice founder Matthew Bennett will join the Issuer’s team as Director of Education, lending his expertise and insight to the Issuer’s efforts to elevate the conversation about brain health and the role of natural health products.

Mr. Bennett’s background as a therapist working with athletes to improve their recovery and performance led him to develop four formulations - Brain Evolve, Brain Beast, Brain Thrive and Brain Dream. Currently, the products are being distributed to 18 professional sports teams, including the Winnipeg Jets®, Manitoba Moose®, Calgary Stampeders®, Washington Wizards®, Houston Texans®, New England Patriots®, and Seattle Seahawks®. Performance nutritionists and individual players across the NHL®, NFL®, NBA® and AHL® are using the formulations as part of their player brain health recovery regimen. The product line’s essential blend of natural ingredients is designed to aid sleep, improve energy, and balance mood to help optimize performance, and has been used to support recovery from concussions and brain injury. The products are available through bennettschoice.com and at GNC® locations across Canada, as well as at many Popeyes® supplement stores, at more than 60 Pharmasave® locations, and at a variety of health clinics in Canada and the United States.

In addition, on September 21, 2021, management of the Issuer filed the Annual Information Form of the Issuer for the fiscal year ended April 30, 2021, and on September 24, 2021, filed the Issuer’s condensed interim consolidated financial statements for the three months ended July 31, 2021, and the related management discussion and analysis (together, the “Interim Filings”).

The above noted news releases, Annual Information Form and Interim Filings can be viewed under the Issuer’s profile on SEDAR (www.sedar.com). The news releases and Interim Filings, incorporated into the Issuer’s Form 5, Quarterly Listing Statement, are also available on the Issuer’s Disclosure Page on the Canadian Securities Exchange’s website.

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.

None to report during the month of September 2021.

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.

None to report during the month of September 2021.

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.

During the month of September 2021, the Issuer entered into agreements with Horizon Grocery + Wellness and Mycrodose Therapeutics.

See item #2 for further details.

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.

None to report during the month of September 2021.

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.

During the month of September 2021, the Issuer completed the acquisition of patented natural health product formulations from Bennett's Choice.

See item #2 for further details.

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

None to report during the month of September 2021.

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

None to report during the month of September 2021.

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

In connection with the Acquisition, Bennett's Choice founder Matthew Bennett will join the Issuer's team as Director of Education.

See item #2 for further details.

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

None to report during the month of September 2021.

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.

None to report during the month of September 2021.

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

None to report during the month of September 2021.

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

Security	Number Issued	Details of Issuance	Use of Proceeds
Common Shares	2,707,275	Common shares issued pursuant to asset purchase agreement	N/A

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

None to report during the month of September 2021.

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

None to report during the month of September 2021.

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's Discussion and Analysis dated September 23, 2021 (the "MD&A"), under the heading "Risk Factors", the Issuer's Annual Information Form dated September 21, 2021 (the "AIF"), under the heading "Risk Factors", and the Issuer's Form 2A - Listing Statement dated September 1, 2020 (the "Listing Statement"), under the heading "Item 17. Risk Factors". The MD&A, AIF and Listing Statement can be viewed under the Issuer's profile on SEDAR (www.sedar.com).

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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 October 6, 2021

Gordon Clissold
Name of Director or Senior Officer

/s/ Gordon Clissold
Signature

Chief Financial Officer
Official Capacity

<i>Issuer Details</i>	For Month End	Date of Report
Name of Issuer HAVN Life Sciences Inc.	September 2021	YYYY / MM / DD 2021/10/06
Issuer Address Suite 2200, 885 West Georgia Street Vancouver, British Columbia, V6C 3E8	Issuer Fax No. N/A	Issuer Telephone No. 604-358-2268
Contact Name Gordon Clissold	Contact Position Chief Financial Officer	Contact Telephone No. 604-358-2268
Contact Email Address ir@havenlife.com	Web Site Address www.havenlife.com	