FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT

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

Trading Symbol: NOVA

Date: September 29, 2022

1. New Options Granted:

Date of Grant: September 28, 2022

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
Officer/Director	Yes	500,000	$0.05	Sept 28, 2022	Sept 28, 2027
Director	Yes	500,000	$0.05	Sept 28, 2022	Sept 28, 2027
Director	Yes	100,000	$0.05	Sept 28, 2022	Sept 28, 2027
Director	Yes	100,000	$0.05	Sept 28, 2022	Sept 28, 2027
Officer	Yes	90,000	$0.05	Sept 28, 2022	Sept 28, 2024
Officer	Yes	200,000	$0.05	Sept 28, 2022	Sept 28, 2027
Consultant	No	2,700,000	$0.05	Sept 28, 2022	Sept 28, 2027
Consultant	No	200,000	$0.05	Sept 28, 2022	Sept 28, 2023
Consultant	No	50,000	$0.05	Sept 28, 2022	Sept 28, 2024
Consultant	No	50,000	$0.05	Sept 28, 2022	Sept 28, 2024
Consultant	No	50,000	$0.05	Sept 28, 2022	Sept 28, 2024
Consultant	No	50,000	$0.05	Sept 28, 2022	Sept 28, 2024
Consultant	No	7,000	$0.05	Sept 28, 2022	Sept 28, 2024
Consultant	No	3,000	$0.05	Sept 28, 2022	Sept 28, 2024

Total Number of optioned shares proposed for acceptance: 4,600,000

Other Presently Outstanding Options:

Name of Optionee	No. of Optioned Shares[(1)]	Exercise Price	Original Date of Grant	Expiry Date
Consultant	1,800,000	$0.20	Nov 6, 2020	Nov 6, 2022
Consultant	200,000	$0.265	Dec 1, 2020	Dec 1, 2022
Consultant	200,000	$0.30	Dec 11, 2020	Dec 11, 2022
Consultant	200,000	$0.29	Dec 17, 2020	Dec 17, 2023
Consultant	100,000	$0.235	Feb 10, 2021	Feb 10, 2023
Consultant	25,000	$0.20	Mar 8, 2021	Mar 8, 2023
Various Directors & Officers	1,900,000	$0.12	July 14, 2021	Jul 14, 2026
Various Officers & Consultants	950,000	$0.12	July 14, 2021	Jul 14, 2023
Consultant	100,000	$0.14	Aug 17, 2021	Aug 17, 2023
Consultant	250,000	$0.09	Oct 22, 2021	Oct 22, 2024
Consultant	1,250,000	$0.08	Mar 22, 2022	Mar 22, 2023
Consultant	200,000	$0.85	May 11, 2022	May 11, 2024

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

Other Presently Outstanding RSU's:

Name of RSU Holder	No. of RSU's	Original Date of Grant	Expiry Date
Various Directors, Officers & Consultants	2,250,000	Jan 11, 2022	Jan 11, 2024

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.

N/A

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

September 29, 2022

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

142,329,660

(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.

9.85%

(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.

207,966

(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.

N/A

(g) Describe the particulars of any proposed material changes in the affairs of the Issuer.

N/A

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 29, 2022

Will Rascan
Name of Director or Senior Officer

"Will Rascan"
Signature

President & CEO
Official Capacity