

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Vice Health and Wellness Inc. (formerly The Gummy Project Inc.) (the "Issuer")

Trading Symbol: VICE

Number of Outstanding Listed Securities: 44,454,310

Number of Shares Reserved for Issuance: 38,493,335 (Options 7,824,400 / Warrants 30,668,935)

Date: December 05, 2023

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.

Company was inactive for the month of November

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

Not Applicable

3. 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.

Not Applicable

4. 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.

Not Applicable

5. 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.

Not Applicable

6. 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.

Not Applicable

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

Not Applicable

8. 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.

Not Applicable

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

Not Applicable

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

Not Applicable

11. 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.

Not Applicable

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

Not applicable

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

No securities were issued or granted in the month of November 2023.

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

Not Applicable

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

Not Applicable

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 (the "MD&A") under the headings "Financial Instruments and Risk Management" and "Risk Factors". The MD&A is available on the Issuer's SEDAR profile at www.sedarplus.ca and on the Issuer's disclosure hall with the CSE at www.thecse.com.

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 CSE Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated December 05, 2023.

Mark Tommasi
Name of Director or Senior
Officer

"Mark Tommasi"
Signature
President and CEO
Official Capacity

Issuer Details Name of Issuer Vice Health and Wellness Inc.	For Month End November 2023	Date of Report YY/MM/D 23/12/05
Issuer Address 355 Burrard Street		
City/Province/Postal Code Vancouver, BC V6C 2G8	Issuer Fax No.	Issuer Telephone No. 1-888-556-9656
Contact Name Mark Tommasi	Contact Position Director	Contact Telephone No. 844-286-8423
Contact Email Address info@vice.health	Web Site Address https://vice.health	