

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **PANGENOMIC HEALTH INC.** (the "Issuer").

Trading Symbol: **NARA**

Number of Outstanding Listed Securities: **99,328,169 (as at January 31, 2023)**

Date: **February 5, 2023**

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.**

PanGenomic Health Inc. is a precision health company that has developed a self-care digital platform to deliver personalized, evidence-based information about natural treatments. Our initial focus is on mental health. As a British Columbia benefit company, the Issuer's mission is to promote and improve the health and wellness of people and society by providing a technology platform that identifies plant-based solutions tailored to the health profile of each individual.

During the month of January 2023, the Issuer continued with its general and corporate activities of the business.

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

During the month of January 2023, the Issuer continued overseeing corporate activities, which included continued development and marketing of the Nara consumer app and PlantGx clinical decision support platform.

On January 9, 2023, the Issuer announced by the way of news release that it plans to launch its e-commerce platform for personalized natural health solutions this month. Built as an extension to its Nara consumer app and website launched in 2022, the e-commerce platform on [nara.care](#) will market its proprietary natural herbal remedy information library and practitioner-vetted brands. At launch, the Issuer plans to market its offering online in North America, with expansion into the UK and Europe subsequently this year.

"Finding the right natural remedy treatment for various health conditions has its challenges, given the uniqueness of each individual and the overwhelming amount of information out there", said Maryam Marissen, President & CEO of PanGenomic Health. "One of our first online products will be our Nara DNA Mind Report that assesses differences in people's genes and how they can impact the effectiveness of natural remedies when it comes to symptoms of underlying mental health conditions. We believe insights like these will greatly help consumers make more informed decisions when considering alternative natural therapeutic options."

The Issuer also announces that it is now trading on the Frankfurt Stock Exchange ("FSE") under the symbol "LL30". The Issuer's shares continue to be listed on the Canadian Securities Exchange under the symbol "NARA".

The FSE is one of the world's largest trading centres for securities and the largest stock exchange in Germany. Operated by the Deutsche Boerse AG, the FSE facilitates advanced electronic trading, settlement and information systems enabling it to meet the growing requirements of cross-border trading. The FSE is considered an international trading centre for investors.

On January 12, 2023, the Issuer announced by the way of news release that its subsidiary, PlantGx Diagnostics Corp. ("PlantGx"), has signed a development partnership agreement with LumiQuick Diagnostics, Inc., a Santa Clara-based medical device company ("LumiQuick"). The two companies are jointly developing targeted biomarker diagnostics to help patients undergoing alternative medicine therapy objectively track the efficacy of their treatment.

"The partnership between PlantGx and LumiQuick is expected to provide a new diagnostics platform to help healthcare professionals more effectively monitor and treat their patients", said Vincent Lum, CEO of PlantGx Diagnostics and Co-Founder of PanGenomic Health. "We believe the ability to provide objective information to clinicians and their patients on the efficacy of their alternative therapies will greatly benefit the practice of integrative medicine."

Charles Yu, CEO of LumiQuick Diagnostics, added: "We are excited to be working with PlantGx Diagnostics on a new generation of health diagnostics. Our combined expertise in diagnostics and biomarker monitoring is expected to support health care providers in the field of integrative medicine."

On January 16, 2023, the Issuer announced by the way of news release that its newly-acquired subsidiary, Mindleap Health Inc. ("Mindleap") will be extending its current programs and practitioner specialties this quarter to enable an all-in-one app and telehealth platform for holistic mental wellness.

According to the National Institute of Mental Health Disorders, an estimated 26% of adults ages 18 and older suffer from a diagnosable mental disorder in a given year.¹ Mindleap's aim is to improve the delivery of mental wellness, from mood disorders to everyday resilience and capacity building, by providing a more cost-efficient all-in-one app and telehealth platform that improves accessibility, and saves time for users and clinicians alike. New content will be added to the Mindleap library that educates and guides users through leading-edge programs and new tools, such as Internal Family Systems (IFS), Non-Sleep Deep Rest (NSDR) and Vagal Nerve Stimulation (VNS).

The Mindleap app and telehealth platform will allow users to self-guide their own mental health journey by accessing a wider array of programs that encompass new approaches to mental health management, and give the user the option to speak to a practitioner via Mindleap's telehealth functionality.

The telemental health market is expected to grow at a CAGR of 26.3% and is expected to reach USD \$711 billion by 2029, according to Databridge Market Research.²

Maryam Marissen, CEO of PanGenomic Health, the parent company of Mindleap, said "Mental health management is a life-long endeavour, and we want to bring more leading-edge tools, programs, and practitioners into our Mindleap platform. Not only do we want to help people with their immediate mental health concerns, we also want to help people build everyday resilience for the modern world."

On January 20, 2023, the Issuer announced by the way of news release that the soft launch of the "NARA DNA Reports" feature available through its website nara.care. The Issuer has launched its first report of a series, the NARA MIND Report as its debut product which can be purchased for \$189.00 USD. Additionally, the Issuer announced that, further to its news release on December 23, 2022, it has closed the final tranche (the "Final Tranche") of its oversubscribed private placement offering (the "Offering") of units (each a "Unit") at a price of \$0.15 per Unit, for total gross proceeds under the Offering of \$512,250. Finally, the Issuer also announced that it has retained Pulse Investor Relations Services Inc. ("PulseIR") to provide digital marketing services for investor relations.

Nara DNA Reports

The NARA MIND Report will provide users with unique tailored mental health insights that cover their genetic disposition, micronutrient sensitivity, natural supplement susceptibility profile and metabolic diet report.

Nara generates the personalized DNA Report by performing an analysis of a user's unique DNA sequences that are specifically connected to key genes related to mental health. With more personal information at the users disposal through such insights and reports, the Issuer believes that users will be able to take proactive steps towards improving their health.

"I am extremely pleased to be announcing this new feature as part of PanGenomic's solution to personalized data-based alternative care," stated Maryam Marissen, CEO and President of PanGenomic Health Inc. "The NARA DNA Reports feature will be expanded to include a variety of other personalized DNA reports in the coming months."

Oversubscribed Offering and Exercise of Previously Issued Warrants

The Issuer also announced that, further to its news release on December 23, 2022, the Issuer closed the final tranche (the "Final Tranche") of its oversubscribed private placement offering (the "Offering") of units (each a "Unit") at a price of \$0.15 per Unit, for total gross proceeds under the Offering of \$512,250.

Each Unit under the Offering consists of one (1) Class A Common share (each, a "Share") of the Issuer and one (1) Class A Common share purchase warrant (each, a "Warrant"). Each Warrant is exercisable for one additional Share at an exercise price of \$0.30 for a period of 24 months from the date of issue. If the closing price of the Shares on the Canadian Securities Exchange is greater than or equal to \$0.60 for 10 consecutive trading days, the Issuer has the right to accelerate the expiration date of the Warrants. Warrant holders will be notified of the Issuer's exercise of the acceleration right by news release, and will thereafter have a 30-day period to exercise the Warrants.

The Final Tranche under the Offering consisted of 2,081,667 Units for gross proceeds of \$312,500. Combined with the first tranche, the Offering has resulted in total gross proceeds of \$512,250 from the issuance of 3,415,000 Units. In connection with closing of the Final Tranche, the Issuer paid a registered broker a cash fee of \$750. The Issuer will use the net proceeds from the Offering to continue the development and marketing of its Nara, Mindleap and PlantGx products and for general working capital purposes.

All securities issuable in connection with the Final Tranche are subject to a statutory hold period under applicable securities laws of four months and one day from the date of issue.

In addition to closing the Offering, the Issuer is also pleased to report that approximately 95% of warrants previously issued by the Issuer having an exercise price of \$0.10 per Share were exercised prior to their warrant expiry date of January 13, 2023. The Issuer raised approximately \$409,000 from the exercise of these warrants.

This press release does not constitute an offer to sell or a solicitation of an offer to buy any the securities of the Issuer in the United States. The securities offered by the Issuer have not been and will not be registered under the United States Securities Act of 1933, as amended (the "U.S. Securities Act"), or any state securities laws and may not be

offered or sold within the United States or to U.S. Persons unless registered under the U.S. Securities Act and applicable state securities laws, or an exemption from the registration requirements thereof is available.

Engagement of PulseIR

The Issuer also announced that it has retained Pulse Investor Services Inc. ("PulseIR") to provide digital marketing services for investor relations. Under the terms of its agreement, PulseIR will provide its mobile wallet pass investor relations platform at a total cost to the Issuer of \$120,000 for an initial contract term of twelve months beginning January 16, 2023. PulseIR participated in the Offering by subscribing for 840,000 Units at an aggregate price of \$126,000.

PulseIR is a digital marketing and advisory services firm based in Vancouver, BC, that specializes in providing its mobile-first, social-centric, community platform for investor relations. Upon entering into of this new agreement with PulseIR, the Issuer terminated the capital markets advisory and digital marketing services contract with Bello Capital Partners, which was previously announced on January 3, 2023. No termination fees were paid by the Issuer.

On January 23, 2023, the Issuer announced by the way of news release that its Nara Plant Library is available now on the Nara app as a resource to provide science-backed information about natural remedy alternatives to pharmaceutical drugs. PanGenomic Health also announces that its Nara app now also complies with US Federal Trade Commission ("FTC") guidelines.

In December 2022, the US Federal Trade Commission ("FTC") published its new Health Products Compliance Guidelines (the "FTC Guidelines")¹, which were an update to its 1998 publication of Dietary Supplements: An Advertising Guide for Industry. The expanded scope of the FTC Guidelines now covers all health-related claims made in respect of foods, over-the-counter drugs, devices, and other health-related products, including consumer health apps. The FTC Guidelines require a "high level of scientific substantiation" for any health claims made products related to consumer health.

"PanGenomic Health acknowledges the benefits that many pharmaceutical drugs provide to individuals suffering from mental health conditions, but there is growing consumer demand for natural alternatives and increasing scientific uncertainty about the effectiveness of many pharmaceutical drugs, such as anti-depressant drugs", said Maryam Marissen, President & CEO of PanGenomic Health. "As a result, PanGenomic Health developed its Nara app and accompanying nara.care website to curate natural remedy information for individuals and health practitioners. We fully support the initiative of government regulators, such as the FTC, to require science-backed substantiation of all health claims."

In a widely reported study published last year in Molecular Psychiatry led by researchers from University College London, the UK, Italian and Swiss researchers

carried out a systematic review of the evidence for the serotonin chemical imbalance theory of depression. The researchers concluded that, "This review suggests that the huge research effort based on the serotonin hypothesis has not produced convincing evidence of a biochemical basis to depression. This is consistent with research on many other biological markers. We suggest it is time to acknowledge that the serotonin theory of depression is not empirically substantiated." 2

On January 26, 2023, the Issuer announced by the way of news release that its subsidiary, MUJN Diagnostics Inc. (formerly named PlantGx Diagnostics Corp.)("MUJN Diagnostics"), has signed a non-binding memorandum of understanding ("MoU") for a diagnostic testing joint venture with Psy Integrated Health Inc. ("Psy"), a Vancouver-based management services organization DBA Empower Health Wellness Centre.

Under the MoU, Psy and MUJN Diagnostics will explore the joint development of a brain health targeted biomarker diagnostics service to support clients being treated with ketamine assisted therapy to objectively track the efficacy of their treatment program. Psy and MUJN Diagnostics hope to initiate a trial biomarker testing adjunct service by March 2023 that will compare biomarker levels before, during and after treatment to track the patient's progress. The goal of this adjunct service will be to collect personalized biomarker data that would assist practitioners in optimizing client treatment plans.

"The proposed joint venture between MUJN Diagnostics and Psy will aim to help usher in a new platform for integrated healthcare professionals using brain health therapies to more effectively monitor and treat their clients", said Vincent Lum, CEO of MUJN Diagnostics and Co-Founder of PanGenomic Health. "Promising alternative therapies for a variety of brain and mental health conditions, such as the off-label use of ketamine and psychedelics as a part of a structured treatment program, need objective data for practitioners and their clients to track and quantify the efficacy of their treatment."

Patrick Callas, Director of Psy Integrated Health, added, "We are excited to be working with MUJN Diagnostics on a new generation of health diagnostics. Our combined expertise in leading edge alternative healthcare therapies and disease specific biomarker treatment monitoring will seek to provide health care professionals in the field of integrated health with tools to improve patient outcomes."

Terms, including the financial commitments to be made by each of MUJN Diagnostics and Psy to the proposed joint venture, are still to be determined. The Issuer expects to announce additional details regarding the proposed joint venture when a definitive agreement is executed, which is expected in February 2023. No assurances can be made that the parties will successfully negotiate and enter into a definitive agreement, or that the proposed joint venture will proceed in the timeframe currently contemplated or at all.

On January 23, 2023, the Issuer announced by the way of news release that its intention to apply for admission to trading on the Aquis Stock Exchange Growth Market ("AQSE") in the UK. Novum Securities Ltd. has been appointed as the Issuer's AQSE Corporate Adviser in the UK, and has submitted its suitability review letter to the AQSE. PanGenomic Health is targeting submission of its formal application to the AQSE Growth Market in early February 2023, with a goal of being granted admission in late February 2023. The Issuer's shares will continue to trade on the Canadian Securities Exchange ("CSE").

"As a stock exchange focusing on entrepreneurial companies and growth capital, the AQSE is ideally suited to our needs", said Robert Nygren, Executive Chair and Co-Founder of PanGenomic Health. "We see the AQSE listing as a springboard for expanding our personalized natural health solutions into the UK and EU markets."

Listing on the AQSE remains subject to finalization of the required listing documents and the approval of the AQSE. Pangenomic Health will provide further updates on its application to list on the AQSE when available.

The Issuer's aforementioned news releases can be viewed under the Issuer's profile on SEDAR (www.sedar.com). The Issuer's aforementioned news releases can also be viewed under the Issuer's Disclosure page on the website of the Canadian Securities Exchange.

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.**

During the month of January 2023, the Issuer launched NARA DNA Reports available through its website nara.care which will provide users with unique tailored mental health insights that cover their genetic disposition, micronutrient sensitivity, natural supplement susceptibility profile and metabolic diet report.

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 January 2023.

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 January 2023, its subsidiary, PlantGx Diagnostics Corp. ("PlantGx"), has signed a development partnership agreement with LumiQuick Diagnostics, Inc., ("LumiQuick"). The two companies are jointly developing targeted biomarker diagnostics to help patients undergoing alternative medicine therapy objectively track the efficacy of their treatment.

The relationship entered into between the Issuer's subsidiary PlantGX and LumiQuick was negotiated through arm's length negotiations and LumiQuick is not considered to be a Related Person 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.**

None to report during the month of January 2023.

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.**

None to report during the month of January 2023.

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

None to report during the month of January 2023.

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.**

None to report during the month of January 2023.

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

None to report during the month of January 2023.

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

None to report during the month of January 2023.

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 January 2023.

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 January 2023.

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

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾
Units ⁽²⁾	2,081,667	Issued in connection with non-brokered private placement.	\$312,500; proceeds used for development and marketing of its Nara, Mindleap, and PlantGX products and for general working capital
Common Shares	2,872,198	Issued pursuant to warrant exercises.	\$327,219; proceeds used for development and marketing of its Nara, Mindleap, and PlantGX products and for general working capital

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

(2) Each Unit under the Offering consists of one (1) Class A Common share (each, a "Share") of the Issuer and one (1) Class A Common share purchase warrant (each, a "Warrant"). Each Warrant is exercisable for one additional Share at an exercise price of \$0.30 for a period of 24 months from the date of issue.

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

None to report during the month of January 2023.

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

None to report during the month of January 2023.

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 section named "Risk Factors" of the Issuer's Prospectus dated January 14, 2022, the Issuer Filing Statement dated July 13, 2022 and the Issuer's Management Discussion and Analysis dated November 28, 2022 (the "MD&A"), under the heading "Risk and Uncertainties". The Prospectus and Filing Statement can be viewed under the Issuer's Disclosure page on the website of the Canadian Securities Exchange. The MD&A can be viewed under the Issuer's profile on SEDAR (www.sedar.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 CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated: February 5, 2023

Maryam Marissen
Name of Director or Senior Officer

"Maryam Marissen"
Signature

Chief Executive Officer
Official Capacity

Issuer Details Name of Issuer PANGENOMIC HEALTH INC.	For Month Ended January 2023	Date of Report YYYY / MM / DD 2023 / 02 / 05
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City/Province/Postal Code Vancouver, BC V6S 2L9	Issuer Fax No. N/A	Issuer Telephone No. 778-743-4642
Contact Name Maryam Marissen	Contact Position CEO	Contact Telephone No. 778-743-4642
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