

FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: Flow Metals Corp (the "Issuer").

Trading Symbol: FWM

Date: April 27, 2026

1. New Options Granted:

Date of Grant: April 27, 2026

| Name of Optionee | 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 |
|------------------|--|--------------------|------------------------|----------------|----------------|--|
| Scott Sheldon | Director & Officer | Yes | 500,000 | \$0.07 | April 27, 2028 | 0 |
| Harley Jon Slade | Director | Yes | 500,000 | \$0.07 | April 27, 2028 | 0 |
| Donald Sheldon | Director | Yes | 300,000 | \$0.07 | April 27, 2028 | 0 |
| R. Brian Murray | Director & Officer | Yes | 300,000 | \$0.07 | April 27, 2028 | 0 |
| Michael Woods | Officer | Yes | 75,000 | \$0.07 | April 27, 2028 | 0 |
| Consultant | Consultant | No | 75,000 | \$0.07 | April 27, 2028 | 0 |
| Consultant | Consultant | No | 75,000 | \$0.07 | April 27, 2028 | 0 |
| Consultant | Consultant | No | 75,000 | \$0.07 | April 27, 2028 | 0 |
| Consultant | Consultant | No | 100,000 | \$0.07 | April 27, 2028 | 0 |
| Total | | | 2,000,000 | | | |

Total Number of optioned shares proposed for acceptance: 2,000,000

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Other Presently Outstanding Options:

| Name of Optionee | No. of Optioned Shares ⁽¹⁾ | Exercise Price | Original Date of Grant | Expiry Date |
|------------------|---------------------------------------|----------------|------------------------|-------------|
| Scott Sheldon | 200,000 | \$0.055 | May 2, 2024 | May 2, 2026 |
| Harley Jon Slade | 200,000 | \$0.055 | May 2, 2024 | May 2, 2026 |
| Donald Sheldon | 100,000 | \$0.055 | May 2, 2024 | May 2, 2026 |
| R. Brian Murray | 100,000 | \$0.055 | May 2, 2024 | May 2, 2026 |
| Michael Woods | 50,000 | \$0.055 | May 2, 2024 | May 2, 2026 |
| Consultant | 100,000 | \$0.055 | May 2, 2024 | May 2, 2026 |
| TOTAL | 750,000 | | | |

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.

The Issuer received shareholder approval for its stock option plan on September 26, 2023.

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

April 27, 2026

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

22,944,532

- (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.

11.985%

- (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.

1,988,906 options remain available for grant under the plan.

- (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.

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No public distribution has been completed within 90 days of the date of grant.

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

There are no proposed material changes in the affairs of the Issuer.

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: April 27, 2026 .

Scott Sheldon
Name of Director or Senior
Officer

"Scott Sheldon"
Signature

Director & CEO
Official Capacity