

FORM 7

MONTHLY PROGRESS REPORT

Name of CNSX Issuer: Restart Life Sciences Corp. (“the “Issuer”).

Trading Symbol: HEAL

Number of Outstanding Listed Securities: 59,252,354

Date: April 2, 2026 (for the month ended March 31, 2026)

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 centered on identifying, acquiring, and scaling functional health and wellness brands that address evolving consumer needs. By combining rigorous scientific research, certified manufacturing infrastructure, and data-driven marketing, we are creating a diversified portfolio positioned for sustainable growth. See Item 2 below for the Issuer’s business and operations over the month of March 2026.

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

On March 3, 2026, the Issue announced it entered into a collaboration with the University of Manitoba’s Richardson Centre for Food Technology and Research (RCFTR) to support a series of food-related scientific studies that will guide the Company’s product development roadmap across its expanding functional wellness portfolio. See Item 5 below for more information.

On March 11, 2026, the Issuer issued a news release to provide investors with an update on the strategic value of the Holy Crap™ manufacturing facility and its role in supporting scalable growth, margin expansion, and broader market distribution across the Issuer’s functional wellness portfolio.

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.

See Item 2 above.

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.

There were no products or services discontinued during the month of March 2026.

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.

On March 3, 2026, the Issuer announce that, following the successful acquisition of Holy Crap Foods Inc., in February 2026, it has entered into a collaboration with the University of Manitoba's Richardson Centre for Food Technology and Research (RCFTR) to support a series of food-related scientific studies that will guide the Issuer's product development roadmap across its expanding functional wellness portfolio. This new partnership with RCFTR represents a meaningful step in the Issuer's mandate to advance functional foods that promote brain health, cognitive wellness, gut-brain axis support, and long-term vitality. The collaboration will focus on validating product formulations, optimizing ingredient functionality, enhancing bioavailability, and ensuring long-term stability and quality across the Issuer's brands. This collaboration is not with a related person.

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.

During the month of March 2026, there was no 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.

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 preceding month the Issuer closed the acquisition of 100% of the issued and outstanding shares of Holy Crap Foods Inc. ("Holy Crap") pursuant to the definitive agreement dated February 12, 2026, among the Issuer, Happy Belly Coffee Inc., a subsidiary of Happy Belly Food Group Inc. (the "Vendor") and Holy Crap (the "Acquisition"). Under the terms of the Acquisition, the Issuer acquired all of the issued and outstanding shares of Holy Crap from the Vendor for a purchase price of \$1,000,000 in cash.

This Acquisition adds in excess of \$1 million in annualized revenue to the Issuer, marking a significant milestone in the Issuer's evolution and immediately establishing the Issuer as a revenue-producing organization.

The Acquisition represents a comprehensive transfer of the entire Holy Crap business ecosystem. It includes the full Holy Crap portfolio of brands and product lines, together with all associated trademarks, proprietary formulations, trade secrets, intellectual property, packaging designs, marketing assets, digital infrastructure, and established goodwill. The transaction also encompasses longstanding retail and distributor relationships, direct-to-consumer channels, customer data, supplier agreements, and all finished goods, raw materials, packaging components, and work-in-progress inventory, ensuring operational continuity from day one.

Central to the Acquisition is Holy Crap's dedicated manufacturing operation located in Gibsons, British Columbia. The Gibsons facility, which operates under a lease agreement, serves as the primary production and fulfillment hub for the brand's product lines. The site includes established blending and batching systems, production lines, packaging infrastructure, warehousing capacity, food safety and quality assurance programs, and trained operational personnel. Management

believes this turnkey manufacturing platform provides immediate production stability with proven throughput capacity and built-in scalability to support distribution expansion and future product innovation. By acquiring a fully functioning manufacturing footprint, Restart Life minimizes near-term capital expenditure requirements, reduces integration risk, and preserves financial flexibility while maintaining the operational backbone necessary to execute its strategic growth initiatives.

Holy Crap now operates as a wholly owned subsidiary of the Issuer. The Issuer intends to maintain existing operations at the Gibsons facility and work collaboratively with the current management and production team to ensure seamless continuity while identifying operational efficiencies and measured expansion opportunities.

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

See Item 2 above.

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.

See Item 2 above.

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

There were no employee hirings, terminations or lay-offs during the month of March 2026.

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

This section is not applicable to the Issuer.

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.

There were no legal proceedings to which the Issuer became a party during the month of March 2026.

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

Other than the normal course of business, there has been no indebtedness incurred or repaid by the Issuer during the month of March 2026.

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

Security	Number Issued	Details of Issuance	Use of Proceeds
RSUs	1,000,000	(1)	n/a
Options	100,000	(2)	n/a

(1) *These restricted share units (“RSUs”) were granted to consultants of the Issuer. The RSUs are valid for a two year term.*

(2) *These options were granted to an employee of the Issuer’s subsidiary. The options have an exercise price of \$0.10 and are valid for a two year term.*

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

There were no loans to or by Related Persons during the month of March 2026.

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

There were no changes in directors, officers or committee members during the month of March 2026.

15. 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 on page 41 of the Issuer’s Listing Statement dated March 31, 2021, under the heading “Risk Factors” The Issuer’s Listing Statement 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 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: April 2, 2026.

Steve Loutskou
Name of Director or Senior Officer

"Steve Loutskou"
Signature

President & CEO
Official Capacity

Issuer Details Name of Issuer Restart Life Sciences Corp.		For Month End March 2026	Date of Report YY/MM/DD 26/04/02
Issuer Address 700-838 W Hastings Street			
City/Province/Postal Code Vancouver, BC, V6C 0A6	Issuer Fax No. n/a	Issuer Telephone No. (778) 819-0244	
Contact Name Steve Loutskou	Contact Position CEO	Contact Telephone No. (778) 819-0244	
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