

FORM 7

MONTHLY PROGRESS REPORT

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

Trading Symbol: **HEAL**

Number of Outstanding Listed Securities: **59,377,354**

Date: **May 6, 2026 (for the month ended April 30, 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, the Issuer is building a diversified portfolio positioned for sustainable growth. See Item 2 below for the Issuer’s business and operations over the month of April 2026.

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

On April 23, 2026, the Issuer announced that its wholly owned subsidiary, Holy Crap Foods Inc., surpassed 500,000 units sold from January 2023 through March 2026. This milestone reflects continued consumer adoption, repeat purchasing behaviour, and steady brand development within the functional food category. Management highlighted that this level of sales demonstrates consistent demand and provides a foundation for continued expansion into additional markets.

On April 28, 2026, the Issuer announced the listing of Holy Crap Foods products on Walmart.ca. Management views this development as part of its broader strategy to expand distribution through established retail and digital marketplace platforms, with the objective of increasing product visibility, supporting broader customer reach across Canada, and diversifying revenue channels alongside existing sales platforms.

On April 30, 2026, the Issuer announced continued development of a new protein-focused product formulation under its Holy Crap™ brand in collaboration with the University of Manitoba’s Richardson Centre for Food Technology and Research (RCFTR). The product remains under development and has not yet been commercialized. The Issuer is evaluating formulation, ingredient performance, and production requirements. Commercial launch timing has not been finalized and remains subject to completion of development and operational readiness.

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.

The Issuer continued development of a new protein-focused product formulation under its Holy Crap™ brand in collaboration with the University of Manitoba's Richardson Centre for Food Technology and Research (RCFTR).

The product remains under development and has not yet been commercialized. The Issuer is evaluating formulation, ingredient performance, and production requirements. Commercial launch timing has not been finalized and remains subject to completion of development and operational readiness.

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 April 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 April 28, 2026, the Issuer announced the listing of its Holy Crap Foods products on Walmart.ca, providing expanded distribution through Walmart's online retail platform. The arrangement forms part of the Issuer's broader distribution strategy to increase product availability and consumer access across Canada. The relationship is an arm's length commercial arrangement. No securities of the Issuer were issued in connection with this arrangement.

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.

There were no expiries or terminations of material contracts or agreements during the month of April 2026.

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.

There were no acquisitions or dispositions of assets by the Issuer during the preceding month.

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

During the month of April 2026, the Issuer expanded its customer reach through increased distribution, including the listing of its products on Walmart.ca. The Issuer did not experience any material loss of customers during the period.

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.

During the month of April 2026, the Issuer continued to develop and strengthen its Holy Crap Foods brand through expanded distribution and increased consumer awareness. The Walmart.ca listing contributed to enhanced brand visibility within the Canadian retail ecosystem. There were no material changes to the Issuer’s intellectual property, trademarks, or other intangible assets during the period.

10. 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 April 2026.

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

This section is not applicable to the Issuer.

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.

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

13. 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 April 2026.

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

Security	Number Issued	Details of Issuance	Use of Proceeds
Common shares	125,000	(1)	n/a

(1) These shares were issued pursuant to an RSU settlement at a deemed price of \$0.09 per share.

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

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

16. 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 April 2026.

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 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 profile on SEDAR+ at www.sedarplus.ca and on the Issuer's disclosure hall with the Canadian Securities Exchange 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: May 6, 2026.

Steve Loutskou
Name of Director or Senior Officer

"Steve Loutskou"
Signature

President & CEO
Official Capacity

Issuer Details		For Month End	Date of Report
Name of Issuer Restart Life Sciences Corp.		April 2026	YY/MM/DD 26/05/06
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	
Contact Email Address steve@restartlife.co	Web Site Address https://restartlife.co/		