

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: BioHarvest Sciences Inc. (the "Issuer").

Trading Symbol: BHSC

Number of Outstanding Listed Securities: 453,758,636

Date: January 7, 2022

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.

On November 15, 2021, the Issuer reported that recent research analysis provides additional support for anti-oxidation structure/function claims of VINIA®. The Issuer studied five Randomized Controlled Trials (RCT) that were conducted with grapes in the form of red wine and juice, and which reported decreased LDL-C oxidation as well as reduction in DNA oxidative damage and other oxidative outcomes. For more information and references please see the full news release dated November 15, 2021 at <https://bioharvest.com/new-research-analysis-shows-vinia-reduces-oxidation-of-ldl-cholesterol-to-support-cardiovascular-improved-functioning/>

On November 22, 2021, the Issuer announced that the new 20 tons/year manufacturing facility in Israel has obtained the GMP (Good Manufacturing Practices) certification from the Israeli Ministry of Health. The GMP certificate is pursuant to the successful fulfillment of the Israeli Ministry of Health's ISO9001 and ISO22000 (HACCP) requirements announced on September 9, 2021. The facility will have the capacity to produce over 20 tons/year of VINIA® as well as other polyphenol-based products the Issuer has in its innovation pipeline. Pilot production of VINIA® in the new facility has begun, and the capacity will be steadily increased each month to meet the growing demands of VINIA®'s D2C business in Israel, USA, and future global markets

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

Management discussions focused on the science of producing full-spectrum Cannabis biomass at commercial scale without growing the plant itself. Furthermore, management continues discussion toward scaling-up the commercialization of VINIA® in the USA and Israel and is looking to engage a VP of E-Commerce to support the effort. Finally, with the successful GMP (Good Manufacturing Practices) certification from the Israeli Ministry of Health technology, Management is focused on increasing the production to meet growing demand of VINIA®.

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.

Not Applicable

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.

Not Applicable

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.

Not Applicable.

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.

Not Applicable

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.

Not Applicable.

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

Not Applicable

9. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trademarks.

Not Applicable

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

Not Applicable

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

Not Applicable

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.

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.

During the month of November 2021, the Issuer issued 850,000 stock options to consultants. The stock options granted are exercisable to purchase a common share of the Issuer at a price of \$0.375 per share for a term of 10 years. 800,000 stock options granted will vest quarterly over a 3-year period and 50,000 will vest monthly over a 3-month period.

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 Issuer has been impacted by the emerging and ongoing COVID-19 pandemic. The pandemic has made it challenging to run its operations at optimal efficiency levels. All efforts are being taken by the Issuer to minimize any disruption impact across the business operations. Further, COVID 19 has increased consumer demand levels for Health and Wellness related products such as VINIA®, which is owned and produced by the Issuer and the Issuer has reflected this increased demand in its sales forecast for its Israel business.

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 January 7, 2022

David Ryan
Name of Director or Senior Officer

"David Ryan"
Signature

VP Investor Relations
Official Capacity

Issuer Details Name of Issuer BioHarvest Sciences Inc.	For Month Ended November 2021	Date of Report YY/MM/DD 22/01/07
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