



The Issuer is working closely with Dr. Blaine on developing proprietary CBD-infused medical products. On June 20, 2019, the Alternate Health announced the launch of Hempnesic, the first hemp-derived pain-relieving gel developed by Blaine Labs. Dr. Blaine's experience and industry relationships will be essential as Alternate Health targets national distribution of its hemp-derived CBD products.

On July 5, 2019, the Issuer announced the closing of the first tranche of a financing arrangement with Alpha Blue Ocean as initially announced on June 14, 2019 and June 17, 2019, (the "Financing"), pursuant to the terms of an amended and restated subscription agreement dated July 3, 2019 (the "Subscription Agreement"). The Issuer intends to use the funds from this financing facility to expand its hemp-derived product line and for general working capital.

On July 17, 2019, the Issuer announced the closing of the second tranche of its financing arrangement with Alpha Blue Ocean as initially announced on June 14, 2019 and June 17, 2019 (the "Financing"), pursuant to the terms of an amended and restated subscription agreement dated July 3, 2019 (the "Subscription Agreement"). The Issuer intends to use the funds from this financing facility to expand its hemp-derived product line and for general working capital.

On July 30, 2019, the Issuer announced that the Company generated \$1.9 million in Q2 2019 Revenue. The Issuer's large year-over-year increase in revenue is tied to the Company's recent acquisition of Blaine Labs Inc. ("Blaine Labs"), a California-based pharmaceutical company. The Issuer announced the closing of the Blaine Labs acquisition agreement in a press release on June 20, 2019. Since the transaction was closed midway through Q2, the Issuer's financial results do not include the full three-month Q2 revenues of Blaine Labs.

The Issuer benefitted from general reductions in professional fees, salaries and management fees as well, while the company streamlined and focused its efforts on securing and expanding revenue-producing assets. The Issuer intends to continue focusing on reaching greater profitability while generating strong revenue growth.

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

The Issuer's management team has remained focused on its objectives and operational goals, and is on track to attain them; while it continues its efforts to raise market awareness, value, enhance the strength and diversity of the Board of Directors and Officers of the Issuer, research and development, and other shareholder outreach initiatives. The Issuer's management also continue to seek new revenue streams and opportunities to develop and increase the stakeholder's value and profitability of the Issuer.

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.

**N/A**

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.

**N/A**

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.

**N/A**

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.

**N/A**

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.

**N/A**

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

**N/A**

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.

**N/A**

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

**On July 3, 2019, the Issuer announced that the Company had appointed Dr. Robert Blaine as the Company's new President and Chief Medical Officer.**

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

**N/A**

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.

N/A

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

**On July 5, 2019, the Issuer announced the closing of the first tranche of a financing arrangement with Alpha Blue Ocean as initially announced on June 14, 2019 and June 17, 2019, (the “Financing”), pursuant to the terms of an amended and restated subscription agreement dated July 3, 2019 (the “Subscription Agreement”). The Issuer intends to use the funds from this financing facility to expand its hemp-derived product line and for general working capital.**

**Pursuant to the terms of the Subscription Agreement, as part of the closing of the first tranche of the Financing, the Company issued to European High Growth Opportunities Securitization Fund (“EHGO”) a convertible debenture (the “Debenture”) in the principal amount of \$200,000 and share purchase warrants (the “Warrants”) exercisable to acquire up to 3,121,212 common shares of the Issuer (the “Shares”) for a period of three years at a price of \$0.33 per Share. The Debenture and Warrants otherwise have the terms described in the June 14, 2019 news release. The Debentures and Warrants are subject to a hold period of four months and one day from issuance. Further terms of the Financing are set out in the Subscription Agreement as filed on SEDAR and available under the Company’s profile at [www.sedar.com](http://www.sedar.com). The Company paid a cash finders’ fee of 6% of the principal amount of the Debenture to an arms’ length finder on the closing.**

**On July 17, 2019, the Issuer announced the closing of the second tranche of its financing arrangement with Alpha Blue Ocean as initially announced on June 14, 2019 and June 17, 2019 (the “Financing”), pursuant to the terms of an amended and restated subscription agreement dated July 3, 2019 (the “Subscription Agreement”). The Issuer intends to use the funds from this financing facility to expand its hemp-derived product line and for general working capital.**

**Pursuant to the Subscription Agreement, as part of the closing of the second tranche of the Financing, the Company issued to European High Growth Opportunities Securitization Fund (“EHGO”) a convertible debenture (the “Debenture”) in the principal amount of \$500,000 and share purchase warrants (the “Warrants”) exercisable to acquire up to 227,272 common shares of the Issuer (the “Shares”) for a period of three years at a price of \$0.33 per Share. The Debenture and Warrants otherwise have the terms described in the June 14, 2019 news release. The Debentures and Warrants are subject to a hold period of four months and one day from issuance. Further terms of the Financing are set out in the Subscription Agreement as filed on SEDAR and available under the Company’s profile at [www.sedar.com](http://www.sedar.com).**

On July 25, 2019, the Issuer issued 142,857 common shares to EHGO at a deemed price of \$0.28 for the conversion of the first \$40,000 of the \$200,000 convertible debenture issued at the closing of the first tranche of the financing arrangement. As of July 31, 2019, EHGO held convertible debentures in the principal amounts of \$160,000 and \$500,000 respectively.

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

Security	Number Issued	Details of Issuance	Use of Proceeds <sup>(1)</sup>
Common Shares	7,145,000	Deemed price of \$0.35 per common share	N/A
Common Shares	142,857	Deemed price of \$0.28 per common share	N/A
Purchase Warrants	3,121,212	Exercise price of \$0.33.	N/A
Purchase Warrants	227,272	Exercise price of \$0.33.	N/A

(1) The Issuer issued 7,145,000 common shares to Dr. Robert Blaine pursuant to the company's acquisition agreement of Blaine Labs Inc., which the Issuer announced on June 20, 2019. The Issuer granted 3,121,212 and 227,272 purchase warrants to the European High Growth Opportunities Fund ("EHGO"), based on the closing of two tranches of a financing facility, announced on July 5, 2019, and July 13, 2019, respectively. The Issuer also issued 142,857 common shares to EHGO as part of the conversion of \$40,000 of the first tranche of the convertible debenture announced on July 5, 2019.

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

N/A

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

**On July 3, 2019, the Issuer announced that the Company had appointed Dr. Robert Blaine to the Board of Directors. Dr. Blaine also joins the Issuer's Executive Committee.**

17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.

**The political evolution and progression of the legalities surrounding the use of cannabidiol for medical, and cannabis for recreational purposes, will continue to impact and benefit the product development segment of the Issuer's business. The legalization of cannabis in Canada and California bodes well for the Issuer's plans for expansion.**

## 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 August 7, 2019.

Scott Holtby  
Name of Director or Senior  
Officer

/s/ "Scott Holtby"  
Signature  
**Vice President**  
**Communications**  
Official Capacity

<b><i>Issuer Details</i></b> Name of Issuer <b>Alternate Health Corp.</b>	For Month End <b>July 2019</b>	Date of Report YY/MM/D <b>19/08/07</b>
Issuer Address <b>400 – 725 Granville Street (Registered and Records Address)</b>		
City/Province/Postal Code <b>Vancouver, BC, V7Y 1G5</b>	Issuer Fax No. ( )	Issuer Telephone No. <b>416-607-5757</b>
Contact Name <b>Scott Holtby</b>	Contact Position <b>Vice President, Communications</b>	Contact Telephone No. <b>416-607-5757</b>
Contact Email Address <b>s.holtby@alternatehealth.ca</b>	Web Site Address <b><u>www.alternatehealth.ca</u></b> <b>www.alternatehealth.com</b>	