FORM 7  
  
MONTHLY PROGRESS REPORT

Name of Listed Issuer: **Benchmark Botanics Inc.** (the “Issuer”).

Trading Symbol: **BBT**

Number of Outstanding Listed Securities: **141,714,641**

Date: **November 5, 2018**

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**

1. 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.
2. The term “Issuer” includes the Issuer and any of its subsidiaries.
3. 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.

(a) On October 12, 2018, Mr. William Ying was appointed chief executive officer of the company. Mr. Ping Zhang, co-founder and a director of the company, stepped down from his role as chief executive officer.

On October 19, 2018, the Company has granted stock options to a director and an officer of the company for an aggregate of 950,000 stock options of the company exercisable at 48 cents, being the unit price for each common share of the most recent market price closed on Oct. 19, 2018. The options shall expire and terminate on Oct. 18, 2023.

These stock options have been granted in accordance with the company's stock option plan. Pursuant to this plan, the company is authorized to grant an aggregate of up to 10 per cent of its issued and outstanding common shares on a rolling basis. Immediately following this award of stock options, the company has issued and outstanding stock options for 9,563,333 common shares of the company, and there were 4,608,131 stock options of the company available for future grant.

(b) The Company 2018 AGM was held on October 12, 2018. A total of 76,612,838 common shares were voted at the meeting, representing 54.14 per cent of the 141,514,642 common shares of the company that were issued and outstanding as at the record date.

c) In October, 2018, the Company entered into a consulting agreement with a legal counsel. The monthly consulting fee was $5,000 plus GST.

d) On October 22, 2018, the Company has entered into an agreement with Green BCN Corp. (also known as BBG Projects), based in Barcelona, Spain, for the development and production of new strains of cannabis plant varieties and their propagating material for sale and distribution by Potanicals Green Growers Inc., 100 per cent owned by Benchmark Botanics Inc., in Canadian and global markets.

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

**See Item 1 above.**

1. 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, through Potanicals, intends to cultivate and, if its producer's license is amended by Health Canada, sell medical marijuana in Canada.**

1. 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**

1. 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.

**See Item 1 above.**

1. 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**

1. 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**

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

**Not applicable**

1. 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.

**Not applicable**

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

**The Company hired two full time employees in October 2018.**

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

**Not applicable**

1. 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**

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

**Not applicable**

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

**On October 12, 2018, the Company issued 950,000 stock options to a director and an officer.**

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

**Not applicable**

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

At a meeting of the board of directors of the company held immediately following the annual general meeting on Oct. 12, 2018, Mr. Dorin was elected chairman of the board; Mr. Ying was appointed chief executive officer of the company; Mr. Liu was reappointed president; Jin Kuang was reappointed interim chief financial officer and corporate secretary; and Claude (Cliff) Stowell was reappointed chief executive officer of Potanicals Green Growers Inc., the wholly owned subsidiary of the company. Mr. Zhang, co-founder and a director of the company, stepped down from his role as chief executive officer.

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

**Not applicable**

**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 **November 5, 2018**.

**Jin Kuang**   
Name of Director or Senior Officer

***"Jin Kuang"***   
Signature

**Corporate Secretary**   
Official Capacity

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| ***Issuer Details***  Name of Issuer  **Benchmark Botanics Inc.** | For Month End  **October 2018** | Date of Report  YY/MM/D  **2018/11/05** |
| Issuer Address  **Suite 105 – 6111 London Road** | | |
| City/Province/Postal Code  **Richmond, BC V7E 3S3** | Issuer Fax No.  **(604) 631-3309** | Issuer Telephone No.  **(604) 238-0005** |
| Contact Name  **Jin Kuang** | Contact Position  **Corporate Secretary** | Contact Telephone No.  **(604) 339-7688** |
| Contact Email Address  **Jinkuang@bbtinc.ca** | Web Site Address  **www.benchmarkbotanics.ca** | |