

FORM 10

NOTICE OF PROPOSED SIGNIFICANT TRANSACTION (not involving an issuance or potential issuance of a listed security)¹

Name of Listed Issuer: HEMP FOR HEALTH INC. (the "Issuer").

Trading Symbol: HFH

Issued and Outstanding Securities of the Issuer Prior to Transaction: 20,062,001

Date of News Release Fully Disclosing the Transaction: November 29, 2019

1. Transaction

1. Provide details of the transaction including the date, description and location of assets, if applicable, parties to and type of agreement (eg: sale, option, license, contract for Investor Relations Activities etc.) and relationship to the Issuer. The disclosure should be sufficiently complete to enable a reader to appreciate the significance of the transaction without reference to any other material:

On November 29, 2019, the Issuer confirmed a verbal agreement with Evan Eadie for the provision of investor relations services to the Issuer (the "IR agreement")

2. Provide the following information in relation to the total consideration for the transaction (including details of all cash, non-convertible debt securities or other consideration) and any required work commitments:

(a) Total aggregate consideration in Canadian dollars: _____ .

(b) Cash: Monthly Fee of \$4,000. _____ .

(c) Other: N/A _____ .

(d) Work commitments: Responsibilities to include the areas of shareholder communications, strategic marketing, market activity, and assisting in the general growth and creation of value for the Company reporting directly to the CFO. _____ .

¹ If the transaction involved the issuance of securities, other than debt securities that are not convertible into listed securities, use Form 9.

3. State how the purchase or sale price and the terms of any agreement were determined (e.g. arm's-length negotiation, independent committee of the Board, third party valuation etc).
- The terms of the IR Agreement with Evan Eadie were negotiated by the Issuer's CFO.**
4. Provide details of any appraisal or valuation of the subject of the transaction known to management of the Issuer: **Evan attended the CIRI/Ivey Investor Relations Certification Program at the Richard Ivey School of Business.**
5. If the transaction is an acquisition, details of the steps taken by the Issuer to ensure that the vendor has good title to the assets being acquired: **N/A**
6. Provide the following information for any agent's fee, commission, bonus or finder's fee, or other compensation paid or to be paid in connection with the transaction (including warrants, options, etc.):
- (a) Details of any dealer, agent, broker or other person receiving compensation in connection with the transaction (name, address. If a corporation, identify persons owning or exercising voting control over 20% or more of the voting shares if known to the Issuer): **N/A**
- (b) Cash **N/A.**
- (c) Other **N/A** .
7. State whether the vendor, sales agent, broker or other person receiving compensation in connection with the transaction is a Related Person or has any other relationship with the Issuer and provide details of the relationship. **Evan Eadie Is a Related Person by virtue of his providing investor relations services. He is also related to Robert Eadie, the Issuer's President & CEO,**
8. If applicable, indicate whether the transaction is the acquisition of an interest in property contiguous to or otherwise related to any other asset acquired in the last 12 months. **N/A**

2. Development

Provide details of the development. The disclosure should be sufficiently complete to enable a reader to appreciate the significance of the transaction without reference to any other material: N/A

3. 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. To the knowledge of the Issuer, at the time an agreement in principle was reached, no party to the transaction had knowledge of any undisclosed material information relating to the Issuer, other than in relation to the transaction.
3. As of the date hereof there is no material information concerning the Issuer which has not been publicly disclosed.
4. 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).
5. All of the information in this Form 10 Notice of Proposed Significant Transaction is true.

Dated November 29, 2019.

Gary Arca

Name of Director or Senior
Officer

(sgd.) "Gary Arca"

Signature

Chief Financial Officer & Director

Official Capacity