

FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

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

Trading Symbol: MYND

Date: September 29, 2021

1. New Restricted Share Units (RSU) Granted:

Date of Grant: September 1, 2021 and Director approved September 28, 2020

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Management Company)	Insider Yes or No?	No. of RSUs	Exercise Price (\$)	Expiry Date	No. of RSUs Granted in Past 12 Months
Jordan Cleland	Officer	Yes	117,096	0.854	2024-12-15	N/A
Ryan Reed	Employee	No	117,096	0.854	2024-12-15	N/A

Total Number of RSU shares proposed for acceptance: 234,192

2. Other Presently Outstanding RSUs:

Name of Optionee	No. of RSUs ⁽¹⁾	Exercise Price	Original Date of Grant (mm-dd-yyyy)	Expiry Date (mm-dd-yyyy)
N/A				

⁽¹⁾ Set out number of optioned shares for each grant with different terms.

3. Additional Information

- (a) If shareholder approval was required for the grant of RSUs (including prior approval of a RSU plan), state the date that the shareholder meeting approving the grant was or will be held.

N/A

- (b) State the date of the news release announcing the grant of RSUs.

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4. State the total issued and outstanding share capital at the date of grant or amendment.

45,933,382

- (a) State, as a percentage of the issued and outstanding shares of the Issuer indicated in (c) above, the aggregate number of shares that are subject to RSUs, including new RSUs, amended RSUs and other presently outstanding RSUs.

7.4% (fully diluted basis)

- (b) If the new RSUs are being granted pursuant to a RSU plan, state the number of remaining shares reserved for issuance under the plan.

923,529 stock options remaining

- (c) If the Issuer has completed a public distribution of its securities within 90 days of the date of grant, state the per share price paid by the public investors.

\$3,000,000 Debenture Units. Each Debenture Unit consists of (i) \$1,000 principal amount of senior unsecured convertible debentures (the "Debentures"); and (ii) common share purchase warrants (the "Warrants") exercisable for 1,000 common shares in the Company ("Shares"). The principal sum of the Debentures, or any portion thereof, may be converted into Shares of the Company at a conversion price of \$0.75 per Share. Each Warrant shall entitle the holder to acquire one additional common share (a "Warrant Share") in the capital of the Company at a price of \$1.00 per Warrant Share for a period of 24 months from the date of issuance

- (d) Describe the particulars of any proposed material changes in the affairs of the Issuer.

None

4. 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 11 Notice of Proposed Stock Option Grant or Amendment is true.

Dated September 29, 2021.

Lyle Oberg
Name of Director or Senior Officer

"Lyle Oberg"

Signature

CEO
Official Capacity