

FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: Alternate Health Corp. (the "Issuer").

Trading Symbol: AHG

Date: August 29, 2019

1. New Options Granted:

Date of Grant: August 26, 2019

| Name of Optionee | Position (Director/ Officer/ Employee/ Consultant/ Management Company) | Insider Yes or No? | No. of Optioned Shares | Exercise Price | Expiry Date | No. of Options Granted in Past 12 Months |
|------------------|--|--------------------------|------------------------------|-------------------|--------------------|--|
| Marcelin O'Neill | Consultant | No | 40,000 | \$0.40 | August 27, 2020 | Nil |
| | | | | | | |
| | | | | | | |

Total Number of optioned shares proposed for acceptance: 40,000 .

2. Other Presently Outstanding Options:

| Name of Optionee | No. of Optioned Shares ⁽¹⁾ | Exercise Price | Original Date of Grant | Expiry Date |
|------------------|--|-------------------|------------------------|------------------|
| Jeff Langenbach | 60,000 | \$0.74 | August 31, 2018 | August 16, 2020 |
| Jay Briggs | 60,000 | \$2.00 | December 1, 2017 | December 2, 2022 |
| Chris Boling | 60,000 | \$2.00 | December 1, 2017 | December 2, 2022 |
| Michael Klipper | 300,000 | \$2.20 | February 1, 2018 | January 22, 2020 |
| Michael Klipper | 60,000 | \$2.90 | August 4, 2017 | August 5, 2022 |
| Mike Murphy | 30,000 | \$2.90 | August 4, 2017 | August 5, 2022 |

| Name of Optionee | No. of Optioned Shares ⁽¹⁾ | Exercise Price | Original Date of Grant | Expiry Date |
|------------------|---------------------------------------|----------------|------------------------|--------------------|
| Howard Mann | 30,000 | \$2.90 | August 4, 2017 | August 5, 2022 |
| Jim Griffiths | 40,000 | \$2.90 | August 4, 2017 | August 5, 2022 |
| Marcelin O'Neill | 40,000 | \$2.90 | August 4, 2017 | February 12, 2020 |
| Jade Green | 60,000 | \$2.90 | August 4, 2017 | September 26, 2019 |
| Mike Murphy | 120,000 | \$4.00 | April 13, 2017 | April 14, 2022 |
| Howard Mann | 120,000 | \$4.00 | April 13, 2017 | April 14, 2022 |
| Jim Griffiths | 60,000 | \$4.00 | April 13, 2017 | April 14, 2022 |
| Jim Tykoliz | 60,000 | \$4.00 | April 13, 2017 | April 14, 2022 |
| Total | 1,100,000 | | | |

(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 options (including prior approval of a stock option plan), state the date that the shareholder meeting approving the grant was or will be held. **November 8, 2018**
- (b) State the date of the news release announcing the grant of options. **August 26, 2019**
- (c) State the total issued and outstanding share capital at the date of grant or amendment. **75,361,380**
- (d) 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 incentive stock options, including new options, amended options and other presently outstanding options. **1.51%**
- (e) If the new options are being granted pursuant to a stock option plan, state the number of remaining shares reserved for issuance under the plan. **10,164,207**
- (f) 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. **N/A**
- (g) Describe the particulars of any proposed material changes in the affairs of the Issuer. **There are no previously undisclosed material changes, as at the date of this filing.**

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 August 29, 2019.

Scott Holtby

Name of Director or Senior Officer

/s/ "Scott Holtby"

Signature

Vice President, Communications

Official Capacity