

FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: **GLOBAL HEMP GROUP INC.** (the "Issuer").

Trading Symbol: **GHG**

Date: August 22, 2019

1. New Options Granted:

Date of Grant: August 9, 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
CURT HUBER	DIRECTOR	YES	950,000	\$0.06	Aug 8/24	2,500,000
CHARLES LARSEN	DIRECTOR	YES	3,700,000	\$0.06	Aug 8/24	NIL
MATTHEW CALKINS	EMPLOYEE	NO	1,000,000	\$0.06	Aug 8/24	NIL
SEBASTIAN TANG	CONSULTANT	NO	100,000	\$0.06	Aug 8/24	150,000

Total Number of optioned shares proposed for acceptance: **5,750,000**

2. Other Presently Outstanding Options:

Name of Optionee	No. of Optioned Shares ⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date
CHARLES LARSEN	2,400,000	\$0.05	Sep 21/17	Sep 20/22
CURT HUBER	2,900,000	\$0.05	Sep 21/17	Sep 20/22
CURT HUBER	2,500,000	\$0.16	Nov 21/18	Sep 20/23
JEFFREY KILPATRICK	200,000	\$0.05	Sept 21/17	Sept 20/22
PAUL PERRAULT	2,100,000	\$0.05	Sept 21/17	Sept 20/22
PAUL PERRAULT	2,400,000	\$0.16	Nov 21/18	Sep 20/23

Name of Optionee	No. of Optioned Shares ⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date
SEBASTIAN TANG	150,000	\$0.16	Nov 21/18	Sep 20/23
SAM ROSENBERG	100,000	\$0.05	Sept 21/17	Sept 20/19
LINDSAY SAYERS	50,000	\$0.05	Sept 21/17	Sept 20/19
TOTAL	12,800,000			

(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. **N/A**
- (b) State the date of the news release announcing the grant of options. **August 9, 2019**
- (c) State the total issued and outstanding share capital at the date of grant or amendment. **188,197,016**
- (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. **9.85%**
- (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. **269,701**
- (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. **N/A**

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.

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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 22, 2018.

CHARLES LARSEN _____

Name of Director or Senior
Officer

"Charles Larsen" _____

Signature

President _____

Official Capacity