

FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: Vapen MJ Ventures Inc. (the "Issuer").

Trading Symbol: VAPN

Date: May 27, 2019

1. New Options Granted:

Date of Grant: May 13, 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
Employees x 1	N/A	No	160,000	\$1.00	May 13, 2029	100,000
Consultants x 2	N/A	No	40,000	\$1.00	May 13 2029	None

Total Number of optioned shares proposed for acceptance: 200,000 shares

2. Other Presently Outstanding Options:

Name of Optionee	No. of Optioned Shares⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date
Jason T. Nguyen	100,000 shares	CDN\$1.00	January 4, 2019	January 4, 2029
Robert J. Brilon	50,000 shares	CDN\$1.00	January 4, 2019	January 4, 2029
Jonathon Shelton	50,000 shares	CDN\$1.00	January 4, 2019	January 4, 2029
Employees x 71	349,000 shares	CDN\$1.00	January 4, 2019	January 4, 2029
Consultants x 3	350,000 shares	CDN\$1.00	January 4, 2019	January 4, 2029

(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.

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

May 13, 2019

(c) State the total issued and outstanding share capital at the date of grant or amendment.

12,525,961 shares

(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.

8.85%

(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.

153,596 shares at the grant date of May 13, 2019.

(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.

Company completed a Non-Offering Prospectus. The transaction price was CDN\$1.00 per share. Options are priced at CDN\$1.00 per share.

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

There are no proposed material changes in the affairs of the Company

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 5/27/19

Robert J. Brilon
Name of Director or Senior
Officer



Signature

President & Chief financial Officer
Official Capacity