

FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: Rapid Dose Therapeutics Corp. (the "Issuer").

Trading Symbol: DOSE

Date: January 5, 2022

1. New Options Granted:

Date of Grant: January 4, 2022

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
Dr. Michael Glogauer	Consultant	No	200,000	0.51	Jan. 5, 2027	NIL

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

2. Other Presently Outstanding Options:

Name of Optionee	No. of Optioned Shares ⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date
Jason Lewis	950,000	0.82	March 11, 2019	March 11, 2024
	500,000	0.24	March 29, 2021	March 28, 2023
Mark Upsdell	1,000,000	0.82	March 11, 2019	March 11, 2024
	500,000	0.24	March 29, 2021	March 28, 2023
Doug Hyland	300,000	0.82	March 11, 2019	March 11, 2024
	500,000	0.24	March 29, 2021	March 28, 2023
	300,000	0.65	July 29, 2021	July 28, 2026
Peter Thilo-Hasler	200,000	0.24	March 29, 2021	March 28, 2023
	300,000	0.65	July 29, 2021	July 28, 2026
Nick Drenzo	200,000	0.24	March 29, 2021	March 28, 2023
	300,000	0.65	July 29, 2021	July 28, 2026
Tom Bryson	500,000	0.24	March 29, 2021	March 28, 2023
	300,000	0.65	July 29, 2021	July 28, 2026
Ron Brooks	500,000	0.24	March 29, 2021	March 28, 2023
	300,000	0.65	July 29, 2021	July 28, 2026
Ben MacPhail	400,000	0.82	March 11, 2019	March 11, 2024
	75,000	0.24	March 29, 2021	March 28, 2023
Bill McMurdy	50,000	0.82	March 11, 2019	March 11, 2024
	100,000	0.24	March 29, 2021	March 28, 2023
Paula MacBeth	100,000	0.82	March 11, 2019	March 11, 2024
	150,000	0.24	March 29, 2021	March 28, 2023
	200,000	0.65	July 29, 2021	July 28, 2026
Joe Amato	50,000	0.82	March 11, 2019	March 11, 2024
Miles Nagamatsu	50,000	0.82	March 11, 2019	March 11, 2024
	50,000	0.24	March 29, 2021	March 28, 2023
Jorge Estepa	75,000	0.82	March 11, 2019	March 11, 2024

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Jorge Estapa	25,000	0.24	March 29, 2021	March 28, 2023
Sarah Seale	6,000	0.82	March 11,2019	March 11, 2024
Sal Giulione	10,000	0.82	March 11,2019	March 11, 2024
Manfred Goldbach	100,000	0.82	March 11,2019	March 11, 2024
Stacy Finch	100,000	0.82	March 11,2019	March 11, 2024
Matt George	50,000	0.82	March 11, 2019	March 11, 2024
	50,000	0.24	March 29, 2021	March 28, 2023
Tom Larsen	150,000	0.82	March 11,2019	March 11, 2024
Greg Hall	50,000	0.82	March 11,2019	March 11, 2024
Radi Bacanov	56,250	0.24	March 29, 2021	March 28, 2023
Christina Shamshoom	75,000	0.24	March 29, 2021	March 28, 2023
Alie Upsdell	100,000	0.24	March 29, 2021	March 28, 2023
Olivia Brown	,56,250	0.24	March 29, 2021	March 28, 2023
John Thistlethwaite	225,000	0.24	March 29, 2021	March 28, 2023
Lino Fera	75,000	0.24	March 29, 2021	March 28, 2023
	50,000	0.65	July 29, 2021	July 28, 2026
Pete Beccacinni	10,000	0.24	March 29, 2021	March 28, 2023
Eliot Myers	10,000	0.24	March 29, 2021	March 28, 2023
Olena Bepalova	10,000	0.24	March 29, 2021	March 28, 2023
Bill Harding	75,000	0.24	March 29, 2021	March 28, 2023
Radwan Almofti	50,000	0.65	July 29, 2021	July 28, 2026
Kim Robinson	50,000	0.65	July 29, 2021	July 28, 2026
Anne Lachance	200,000	0.65	July 29, 2012	July 28, 2026
Dara Willis	50,000	0.65	July 29, 2021	July 28, 2026
Dr. Rick Tytus	200,000	0.58	Dec 14, 2021	Dec 14 2026

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Rodney Butt	300,000	0.58	Dec 14, 2021	Dec 14, 2026
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(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.

The Stock Option Plan was approved at the Annual General and Special Meeting of Shareholders held on December 6, 2019.

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

January 5, 2022

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

104,314,992

- (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.

98.6%

- (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.

147,999

- (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.
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: January 5, 2022

Mark Upsdell
Name of Director or Senior
Officer

Mark Upsdell
Signature

CEO
Official Capacity