

FORM 6

CERTIFICATE OF COMPLIANCE

TO: CANADIAN SECURITIES EXCHANGE (“CSE”)

Alternate Health Corp.

_____ (the “Listed Issuer”) hereby certifies to CSE
[Name of Listed Issuer]

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 Policy 1).

Date: **August 29, 2019**

Signed: **/s/ “Scott Holtby”**
(Signature)

 Scott Holtby
(Print Name)

 Vice President
(Print Office)