FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **Orion Nutraceuticals Inc.** (the "Issuer").

Trading Symbol: **ORI**

Number of Outstanding Listed Securities: **46,471,400**

Date: **December 5, 2018**

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced and non-promotional.

General Instructions

(a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.

(b) The term "Issuer" includes the Issuer and any of its subsidiaries.

(c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

Report on Business

1. Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.

On November 14, 2018 the Issuer announced the addition of Matthew Bennett, President and Founder of Bennett's Choice, to its advisory board. Matthew Bennett is a leader in improving recovery from concussions and preventing neurological disease. He has successfully pitched on Dragons' Den and partnered with world renowned coaches to promote the importance of nourishing the brain by way of

his patented formulations. His rehabilitation and performance medicine background has allowed him to heal the lives of professional athletes across all major sport leagues, actors, actresses and singers. Mr. Bennett will share his natural medicine-based experience to boost the Issuer's contracts with professional athletes, teams and academies by promotion of the positive effects of the Issuer's products. Mr. Bennett will work to establish easy and accessible ways to help the athletes sleep and recovery which empowers their performance and life for optimal active pain-free living. For full details, see news release dated and issued on November 14, 2018.

On November 20, 2018, the Issuer announced the addition of Shannon Ford-Smith, sports healthcare and CBD product expert to its advisory board. Shannon Ford-Smith has a uniquely diverse background that includes education, construction, consumer goods as well as experience building and leading companies in the sports healthcare sector. She has over a decade of experience building, leading and establishing business direction. Throughout her career she has developed deep market insight into the healthcare field. Her recent executive role at Floyd's of Leadville as Director of Business Development includes the development of Aeliza (a medical grade CBD product line) and oversight of that company's expansion and growth into the Canadian market, hiring and leading the execution of a common vision of success while mitigating risk. Ms. Ford-Smith spearheaded development of the Aeliza line and personally oversaw every detail, from product development and formulation, manufacturing, business development, marketing, strategy, as well as bridging the gap between the medical world and cannabis. For full details, see news release dated and issued on November 20, 2018.

On November 30, 2018, the Issuer announced that it had closed a non-brokered private placement of 1,685,000 common shares at a price of CAD$0.50 per unit for aggregate gross proceeds of $842,500. Each unit will consist of one common share and one transferable common share purchase warrant. Each warrant will entitle the holder to acquire one additional common share in the capital of the Issuer for a period of 24 months following the closing of the private placement at a price of CAD$1.00 per warrant share. The common shares are subject to a four month and one day hold period, from the date of Closing, in accordance with Canadian securities laws. The Issuer also announced a correction to the Private Placement that it had closed on September 21, 2018. The Issuer's management announced a correction of 80,000 shares to the Treasury Order issued on September 21st, 2018. This correction was due to an accounting error and brings the Issuer's total shares issued and granted as at September 21, 2018 to 44,761,400. For full details, see news release dated and issued on November 30, 2018.

2. Provide a general overview and discussion of the activities of management.

The Issuer's management team commenced its efforts to put together an Advisory Board. In conjunction with its professional sports strategic alliances, the Company is poised to advance research and development in the plant science sector, deliver science-based products and services to the mainstream, with proprietary brands and products. The Issuer's management also continued its efforts to raise market awareness, enhance shareholder value, and other shareholder outreach initiatives; as well as its focus on the development of its facilities.

3. Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.

N/A

4. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.

N/A

5. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.

N/A

6. Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.

N/A

7. Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.

N/A

8. Describe the acquisition of new customers or loss of customers.

N/A

9. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks.

N/A

10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

N/A

11. Report on any labour disputes and resolutions of those disputes if applicable.

N/A

12. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.

N/A.

13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.

N/A

14. Provide details of any securities issued and options or warrants granted.

Security	Number Issued	Details of Issuance	Use of Proceeds(1)
options	**150,000**	**CAD$0.44 expires: November 14, 2020**	**N/A**
options	**150,000**	**CAD$0.43 expires: November 20, 2020**	**N/A**
units (common shares and warrants)	**1,685,000**	**private placement issuance (2)**	**gross proceeds of $842,500 general working capital**

(1) State aggregate proceeds and intended allocation of proceeds.

(2) Each unit will consist of one common share and one transferable common share purchase warrant. Each warrant will entitle the holder to acquire one additional common share in the capital of the Issuer for a period of 24 months following the closing of the private placement at a price of CAD$1.00 per warrant share.

15. Provide details of any loans to or by Related Persons.

N/A

16. Provide details of any changes in directors, officers or committee members.
N/A

17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.

The political evolution and progression of the legalities surrounding the use of cannabidiol for medical, and cannabis for recreational purposes, will continue to impact and benefit the research and development aspect of the Issuer's business, as well as its objective to bring its product to market in the near term. The legalization of cannabis in Canada favours the Issuer's plans in attaining its goals.

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 7 Monthly Progress Report is true.

Dated **December 5, 2018**

Marcelin O'Neill
Name of Director or Senior Officer

/s/ "Marcelin O'Neill"
Signature
Chief Compliance Officer
Official Capacity

Issuer Details Name of Issuer **Orion Nutraceuticals Inc.**	For Month End: **November 2018**	Date of Report YY/MM/D **18/12/05**
Issuer Address **309-1485 West 6th Ave.**		
City/Province/Postal Code **Vancouver, BC, V6H4G1**	Issuer Fax No. **604.736.8254**	Issuer Telephone No. **604.569.4969**
Contact Name **Marcelin O'Neill**	Contact Position **Directors and Chief Compliance Officer**	Contact Telephone No. **604.569.4969**
Contact Email Address: **moneill@orionnutra.ca**	Web Site Address: **www.orionnutra.ca**	