

## FORM 7

### **MONTHLY PROGRESS REPORT**

Name of Listed Issuer: SILO WELLNESS INC. (the "Issuer").

Trading Symbol: SILO

Number of Outstanding Listed Securities: 69,902,504

Date: September 9, 2021

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 August 5, 2021, the Issuer announced that it had entered into a UK distribution partnership with LocoSoco Group Plc (the "**UK Distribution Agreement**").

On August 19, 2021, the Issuer announced that it had entered into a U.S. sale and distribution partnership with One Light Enterprises LLC. (the “**US Distribution Agreement**”).

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

Management of the Issuer was focused on negotiating and entering into the UK Distribution Agreement and US Distribution Agreement.

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.

The Issuer continued to focus on its launch of Marley One. The Marley One line is a range of functional mushroom tinctures with unique blends highlighting the brand’s connection to Jamaica, including species such as cordyceps, lion’s mane, chaga, reishi and turkey tail that offer a range of unique health and wellness benefits, from immunity and gut health to cognitive function and sleep enhancement.

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.

No products or services were discontinued. Certain wellness retreats were postponed.

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.

The Issuer entered into the UK Distribution Agreement and the US Distribution Agreement.

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.

None.

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.

No acquisitions or dispositions have occurred.

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

No acquisition of new customers or loss of customers have occurred, other than in connection with the launch of Marley One and the corresponding UK Distribution Agreement and US Distribution Agreement.

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.

None.

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

Mr. Peter Holzworth resigned from his position as vice president of business development of the Issuer.

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

None.

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.

The Issuer is not a party to any legal proceedings.

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

The Issuer entered into a loan agreement with an arm's length third party lender (the "**Lender**") pursuant to which the Issuer borrowed US\$250,000 for working capital and inventory growth purposes (the "**Loan**").

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

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

The Issuer entered into a debt settlement agreement with the Lender to settle US\$144,000 of the Loan in exchange for 2,500,000 Common Shares at a deemed price of C\$0.072 per Common Share, representing a 20% discount to the closing price of the Common Shares on August 11, 2021 (the "**Shares for Debt**"). The remaining principal amount of the Loan remains outstanding.

The Issuer also issued Common Shares to two arm's length service providers in accordance with previously agreed arrangements (the "**Shares for Services**"). Pursuant to various agreements for services, the Company issued an aggregate of 5,310,000 Common Shares with 5,000,000 Common Shares issued at a deemed price of C\$0.13 and 310,000 Common Shares issued at a deemed price of C\$0.10.

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

None.

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

None.

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

As a junior company in the emerging psychedelic sector, there are various trends that would impact the Issuer. Please refer to the listing statement of the Issuer filed on [www.SEDAR.com](http://www.SEDAR.com).

## 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 were 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 September 9, 2021.

Kenny Choi  
Name of Director or Senior  
Officer

/s/ Kenny Choi  
Signature  
Corporate Secretary  
Official Capacity

<b><i>Issuer Details</i></b> Name of Issuer  Silo Wellness Inc.	For Month End August 2021	Date of Report YY/MM/D 21/09/09
Issuer Address 198 Davenport Road		
City/Province/Postal Code Toronto, Ontario M5R1J2	Issuer Fax No. (416) 861- 8165	Issuer Telephone No. (416) 861-2262
Contact Name  Kenny Choi	Contact Position Corporate Secretary	Contact Telephone No. (416) 861-2262
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