FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Poko Innovations Inc. (the "Issuer").

Trading Symbol: POKO

Number of Outstanding Listed Securities: 80,201,562

Date: February 6th 2023

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.

The Issuer focus has been on expanding the business into the UK and EU markets and started discussion with some distributors outside the EU.

- The issuer has started production of larger volumes of Skincare & supplements to be in a position to meet any increased demands due to B2C advertising and other marketing going live.

  The issuer has been OOS of both Tea and gummies, in order to meet volumes in the coming short term has also increased the volume of production, the issuer continues to benefit from its Novels foods FSA approval listing in the UK. This means it can sell its products in the UK whereas companies not on the list are no longer legally allowed to sell in the niche.

- The issuer has been offered a selling slot to focus on PCOS on the MAIN TJC Shopping channel in 2023, expects this to be February. This is an upgrade to the previous TV channels, TJC Beauty TV, which broadcast on SKY.
- Wholefoods Wholesale one of the key distributors have ordered Poko supplements, adding to their lines in January.
- The issuer has agreed with a number of influencers to promote the Poko brand including with one of the potential buyers into Harrods, we continue to have discussions with Selfridges, other TV Shopping channels and major retailers.
- The issuer has gone live with the promotion B2C of supplements for PCOS and Menopause in Ireland as a soft launch.
- The issuer has agreed with Reach Media UK to promote Poko across the UK, Reach is the 5th largest media organisation, behind the BBC which is 4th..
- The issuer continues to be under a temporary cease trade notification and has 90 days of the date of the CTO to file the audited accounts and associated paperwork. The issuer failed to file the following documents by the prescribed deadline: audited annual financial statements for the year ended June 30, 2022. management's discussion and analysis relating to the audited annual financial statements for the year ended June 30, 2022; and certification of the foregoing filings as required by National Instrument 52-109 *Certification of Disclosure in Issuers' Annual and Interim Filings*. The issuer is currently noted in default on the Ontario Securities Commission's reporting issuer default list for failure to file the noted documents. Also, the issuer was notified that it may be noted in default on the reporting issuer list, or default list, of each jurisdiction of Canada in which it is a reporting issuer, to the extent that such jurisdiction

maintains a list and in accordance with the local policies and procedures of that jurisdiction, for failure to file the noted documents. If the default is remedied within 90 days of the date of the CTO, including any annual or interim financial statements, MD&A and certifications that subsequently became due, the filing of the documents constitutes the application to revoke the CTO and no application fee is required under Appendix C of OSC Rule 13-502 *Fees*.

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

- The issuer continues ongoing discussions with investors to fund the business expansion and complete the audit.
- The issuer management is working with the auditor to plan and finalise year end accounts.

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.**

Not applicable

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.

Not applicable

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.**

- Not applicable

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.**

- Not Applicable

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 relationshi**p.

Not Applicable

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

- The issuer has agreed via a UK partner to supply its Canndid range into a UK chain.

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**.

- The issuer is working with the auditors on the valuation and impairment of intangible assets.

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

Not applicable

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

Not Applicable

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.

Not Applicable

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

Not Applicable

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

Security	Number Issued	Details of Issuance	Use of Proceeds[(1)]

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

Not Applicable

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

Not Applicable

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

Not Applicable

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

Not applicable

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 authorised 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 . 6th February 2023

Name of Director or Senior Officer David Hughes

Signature *David Hughes*

Official Capacity

CEO

Issuer Details **Poko Innovations Inc.**	For Month- January 23	Date of Report 02.06.23
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