

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: EGF Theramed Health Corp. (the "Issuer").

Trading Symbol: TMED

Number of Outstanding Listed Securities: 18,452,766

Date: January 8, 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.

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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 December 10, 2020, the Company announced it has arranged a non-brokered private placement financing up to 4,167,000 units of the Company at a price of 12 cents per unit for gross proceeds of \$500,040. Each unit consists of one common share and one-half of one common share purchase warrant, with each whole warrant entitling the holder to acquire an additional common share of the company at a price of 20 cents for a period of 12 months from the closing of the offering. The company may pay finders' fees to one or more arm's-length parties which introduce the company to subscribers, in accordance with the policies of the Canadian Securities Exchange.

The proceeds will be used for the development of the business, potential acquisitions and working capital purposes. Shares issued pursuant to the offering are subject to a four-month-and-one-day hold period from the closing date in accordance with applicable securities laws.

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

On December 16, 2020 the Company provided a two-week update regarding the default announcement pursuant to National Policy 12-203 (Management Cease Trade Orders).

On Oct. 29, 2020, the B.C. Securities Commission granted the company a management cease trade order under the provisions of National Policy 12-203 (Management Cease Trade Orders) to permit the continued trading in the company's common shares by persons other than certain insiders of the company.

The MCTO was issued in connection with the delay by the company in filing its financial statements for the financial year ended June 30, 2020, the related management's discussion and analysis, and chief executive officer and chief financial officer certifications, which were required to be filed on or before Oct. 28, 2020.

The company's management continues to work closely with its new auditor, DMCL LLP, on the 2020 FS and expects its filing of the required filings and the Q1 filings to occur on or before Dec. 28, 2020.

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 did not develop any new products or services during the month of December 2020.

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.

The Issuer did not discontinue any products or services during the month of December 2020.

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.

On December 14, 2020, the Company announced that it has entered into a letter of intent dated as of Dec. 14, 2020, to acquire all of the issued and outstanding shares of Seedadelic Med Corp., a private Ontario corporation, in exchange for the issuance of 15 million common shares of the company at a deemed price of 11.5 cents per common share to Seedadelic shareholders. The company has also agreed to pay a finders' fee on the closing of the proposed transaction.

The proposed transaction will provide the company with ownership of Seedadelic, a seed-bank holding consisting of LSA and psychedelic properties. LSA is a legal alternative to LSD consisting of similar properties and effects of D-lysergic acid diethylamide but with less side effects. Seed bank will allow the company to market and commercialize in a legal and rapid pace.

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.

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The Issuer did not have expiry or termination of any contracts or agreements during the month of December 2020.

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.

8. **The Issuer did not acquire or dispose of any assets during the month of December 2020.**

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

The Issuer did not acquire or lose any customers during the month of December 2020.

10. 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 did not have any new developments during the month of December 2020.

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

The Issuer did not hire, terminate or lay-off any employees during the month of December 2020.

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

The Issuer had no labour disputes as of December 2020.

13. 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.

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

The Issuer did not incur or repay any indebtedness during December 2020.

15. 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.

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

The Issuer did not receive/make any loans from/to Related Persons during December 2020.

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

There were no changes in the month of December 2020.

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

The Issuer is not aware of any trends, uncertainties, demands, commitments or events which are reasonably likely to have a material effect upon its revenues, income from continuing operations, profitability, liquidity or capital resources or that would cause reported financial information not necessarily to be indicative of future operating results or financial condition.

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: January 8, 2020.

Usama Chaudhry

Name of Director or Senior Officer

/s/ Usama Chaudhry

Signature

CFO

Official Capacity

Issuer Details		For Month	Date of Report
Name of Issuer		Ended	YY/MM/D
EGF Theramed Health Corp.		December 2020	2020/12/08
Issuer Address			
Suite 1600 – 609 Granville Street			
City/Province/Postal Code		Issuer Fax No.	Issuer Telephone No.
Vancouver, BC, V7Y 1C3			(604) 331-8505
Contact Name		Contact Position	Contact Telephone No.
Doug McFaul		CFO	(604) 331-8505
Contact Email Address		Web Site Address	
dmcfaul@emprisecapital.com		www.theramedhealthcorp.com	

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