

FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: **ORTHO REGENERATIVE TECHNOLOGIES INC.** (the "Issuer").

Trading Symbol: **ORTH**

Date: **October 29, 2020**

1. New Options Granted:

Date of Grant: October 29, 2020

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Management Company)	Insider Yes or No?	No. of Optioned Shares	Exercise Price	Expiry Date	No. of Options Granted in Past 12 Months
Dr. Scott Rodeo	Consultant	No	25,000	\$0.60	October 29, 2028	nil
Dr. Martyn Snow	Consultant	No	25,000	\$0.60	October 29, 2028	nil
Dr. Jack Farr	Consultant	No	25,000	\$0.60	October 29, 2028	nil

Total Number of optioned shares proposed for acceptance: **75,000**.

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2. Other Presently Outstanding Options:

Name of Optionee	No. of Optioned Shares	Exercise Price	Original Date of Grant	Expiry Date
Dr. Scott Rodeo	15,000	\$0.10	July 31, 2015	July 31, 2020
Dr. Martyn Snow	15,000	\$0.10	July 31, 2015	July 31, 2020
Dr. Jack Farr	15,000	\$0.10	July 31, 2015	July 31, 2020
Guy Paul Allard	100,000	\$0.50	June 23, 2016	June 23, 2021
Dr. Brent Norton	350,000	\$0.50	May 17 2017	May 17, 2022
Tom E.S. Wright	100,000	\$0.50	September 26, 2017	September 26, 2022
Dr. Jacques Toueg	100,000	\$0.50	December 15, 2017	December 15, 2022
Luc Mainville	465,000	\$0.50	September 17, 2018	September 17, 2023
Claude LeDuc	500,000	\$0.36	June 19, 2019	June 19, 2024
Pierre Laurin	100,000	\$0.36	June 19, 2019	June 19, 2024
Nathalie Therrien	100,000	\$0.36	June 19, 2019	June 19, 2024
Frédéric Dumais	50,000	\$0.36	June 19, 2019	June 19, 2024
Myriah Robertson	50,000	\$0.40	May 28, 2020	May 28, 2025
Michael Atkin	100,000	\$0.30	June 18, 2020	June 18, 2025
Claude LeDuc	245,000	\$0.37	July 21, 2020	July 21, 2025
Dong Wang	50,000	\$0.60	September 24, 2020	September 24, 2028
Sofia Parvin	15,000	\$0.60	September 24, 2020	September 24, 2028

(1) Set out number of optioned shares for each grant with different terms.

3. Additional Information

- (a) If shareholder approval was required for the grant of options (including prior approval of a stock option plan), state the date that the shareholder meeting approving the grant was or will be held. **N/A**
- (b) State the date of the news release announcing the grant of options. **N/A**
- (c) State the total issued and outstanding share capital at the date of grant or amendment. **33,131,236**

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- (d) State, as a percentage of the issued and outstanding shares of the Issuer indicated in (c) above, the aggregate number of shares that are subject to incentive stock options, including new options, amended options and other presently outstanding options. **7.2%**
- (e) If the new options are being granted pursuant to a stock option plan, state the number of remaining shares reserved for issuance under the plan. **913,124**
- (f) If the Issuer has completed a public distribution of its securities within 90 days of the date of grant, state the per share price paid by the public investors. **N/A**
- (g) Describe the particulars of any proposed material changes in the affairs of the Issuer. **N/A**

4. 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 11 Notice of Proposed Stock Option Grant or Amendment is true.

Dated October 29, 2020.

Guy Paul Allard
Name of Director or Senior Officer

(s) Guy Paul Allard
Signature

VP Legal and Corporate Secretary
Official Capacity

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