

FORM 7

MONTHLY PROGRESS REPORT

Name of CNSX Issuer: HERITAGE CANNABIS HOLDINGS CORP. (the "Issuer" or the "Company").

Trading Symbol: CANN

Number of Outstanding Listed Securities: 495,636,722

Date: NOVEMBER 4, 2020

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 the CNSX 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 CNSX.ca 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 CNSX 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 Company is currently listed as a Life Sciences issuer. The Company is a vertically integrated cannabis provider that has two Health Canada approved licensed producers, through its subsidiaries Voyage Cannabis Corp. and CannaCure Corp. both regulated under the Cannabis Act Regulations. Working under these two licenses, Heritage has two additional subsidiaries, Purefarma Solutions, which provides extraction services, and a Medical Services Division which is focused on cannabis based medical solutions. In the U.S, Heritage operates under Opticann Inc., a Colorado based oral and topical cannabinoid company with the rights to exclusively sell CBD and CBG products made with the patented VESIsorb® drug delivery system for optimized absorption and stability. As the parent company, Heritage is focused on providing the resources for its

subsidiaries to advance their products or services to compete both domestically and internationally.

- (a) The Issuer announced that products are available for purchase by consumers in both British Columbia through their Liquor Distribution Branch (“LDB”) authorized channels, and Manitoba initially through select licensed retail locations. Please see the Issuer’s press release October 5, 2020.
- (b) The Company has teamed with the Patient Choice online platform, a Health Canada licensed virtual portal, to offer its Purefarma and Pura Vida branded products for medical cannabis patients across Canada. Please see the Issuer’s press release October 7, 2020.
- (c) The Company completed its acquisition of all of the issued out outstanding securities of Opticann, Inc., a Colorado based oral and topical cannabinoid company with the rights to exclusively sell CBD and CBG products made with the patented VESIsorb® drug delivery system for optimized absorption and stability. Please see the Issuer’s press release October 7, 2020.
- (d) The Issuer’s subsidiary CannaCure Corp. was granted a cannabis oil sales license by Health Canada, effective October 9, 2020. This sales license will allow CannaCure to begin selling cannabis products, including oil derivatives, directly to the provincial cannabis boards. Please see the Issuer’s press release October 13, 2020.
- (e) The Issuer appointed Umar Syed as President, U.S. & International medical products for Heritage. Mr. Syed was the CEO of Opticann Inc., a company acquired by Heritage in early October 2020. Please see the Issuer’s press release October 14, 2020.
- (f) The Issuer appointed Russ Allison as Vice President of Sales and Kina Guyton as Vice President of Medical Products for Heritage’s subsidiary Opticann Inc. in the United States. Please see the Issuer’s press release October 21, 2020.
- (g) The Issuer announced Pura Vida and Purefarma tinctures would be available for purchase in the last week of October in the province of British Columbia through the province’s authorized Liquor Distribution Branch (“LDB”) channels. Please see the Issuer’s press release October 22, 2020.
- (h) The Company signed a letter of intent with IntelGenx, a leading drug delivery company focused on the development and manufacturing of pharmaceutical films, for the supply of filmstrip products containing for the Canadian and Australian markets. Please see the Issuer’s press release October 29, 2020.

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

During the month the Issuer’s management continued to focus on operating activities, including completion of the Opticann acquisition, the processing of cannabis, ongoing Health Canada licencing applications, and the methods in which to scale the Company’s current facilities. CannaCure, a subsidiary of the Company received its sales license from Health Canada in October.

Additionally, the Company expanded product development and engaged in discussions with various parties to develop strategic partnerships.

Management has been continually monitoring the COVID-19 health threat in Canada and based on guidance provided by various public health authorities, the Company continues to operate at its production facilities and adjusted procedures in order to ensure the health and safety of its employees, families and local communities.

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 Liquor Distribution Branch is carrying all seven vape cartridge products offered by Heritage including Pura Vida CBD 4:1 Honey Oil, and Indica, Sativa and Hybrid Honey Oil vape cartridges, as well as Purefarma Moon, Sun and Earth vape cartridges. In Manitoba, consumers will be able to purchase Purefarma CBD Earth, and Pura Vida's Indica, Sativa, and Hybrid Honey Oil vape cartridges. Additionally, Pura Vida Daybreak and Nightfall tinctures as well as Purefarma HLX30 CBD and Balance 15:15 are available in British Columbia.

Please see the Issuer's press release October 5, 2020 and October 22, 2020.

The Company signed a letter of intent with IntelGenx, a leading drug delivery company focused on the development and manufacturing of pharmaceutical films, for the supply of filmstrip products containing for the Canadian and Australian markets.

Please see the Issuer's press release October 29, 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.

None.

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 Company has teamed with the Patient Choice online platform, a Health Canada licensed virtual portal, to offer its Purefarma and Pura Vida branded products for medical cannabis patients across Canada.

Please see the Issuer's press release October 7, 2020

The Company signed a letter of intent with IntelGenx, a leading drug delivery company focused on the development and manufacturing of pharmaceutical films, for the supply of filmstrip products containing for the Canadian and Australian markets.

Please see the Issuer's press release October 29, 2020.

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 for the preceding month.

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.

The Company completed its acquisition of all of the issued out outstanding securities of Opticann, Inc., a Colorado based oral and topical cannabinoid company with the rights to exclusively sell CBD and CBG products made with the patented VESIsorb® drug delivery system for optimized absorption and stability.

Please see the Issuer's press release October 7, 2020

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

Not applicable for the preceding month.

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.

Not applicable for the preceding month.

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

The Issuer appointed Umar Syed as President, U.S. & International medical products for Heritage. Mr. Syed was the CEO of Opticann Inc., a company acquired by Heritage in early October 2020. Please see the Issuer's press release October 14, 2020.

The Issuer appointed Russ Allison as Vice President of Sales and Kina Guyton as Vice President of Medical Products for Heritage's subsidiary Opticann Inc. in the United States. Please see the Issuer's press release October 21, 2020.

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

Not applicable for the preceding month.

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.

None.

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

Not applicable for the preceding month.

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

21,918,698 Common Shares were issued related to the Opticann acquisition.

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.

- (a) On October 17, 2018, the Cannabis Act came into effect providing for the legalization and regulation of recreational cannabis use in Canada.
- (b) The Company's business is subject to a variety of laws, regulations and guidelines relating to marketing, distribution, cultivation, management and sale and disposal of medical marijuana but also laws and regulations relating to health and safety, the conduct of operations and the protection of the environment. Changes to such laws, regulations and guidelines may cause adverse effects to the Company's operations.
- (c) The legislative framework pertaining to the Canadian recreational cannabis market will be subject to significant provincial and territorial regulation.
- (d) The progression of the COVID-19 could have an impact on the Issuer's business and operations.
- (e) The Issuer's business involves certain risks and uncertainties that are inherent to the Company's industry. For disclosure on risks related to an investment in the Issuer, please refer to the Company's Listing Statement dated December 21, 2017, which is available on SEDAR at 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 CNSX 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 CNSX Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated November 5, 2020

Clint Sharples

Name of Director or Senior Officer



Signature

President & CEO

Official Capacity

Issuer Details		For Month End	Date of Report YY/MM/D
Name of Issuer		October 2020	20/11/04
Heritage Cannabis Holdings Corp.			
Issuer Address			
77 Bloor Street West			
City/Province/Postal Code	Issuer Fax No.	Issuer Telephone No.	
Toronto ON, M5S 1M2	n/a	1-888-940-5925	
Contact Name	Position	Contact Telephone No.	
Kelly Castledine	Investor Relations	647-660-2560	
Contact Email Address	Web Site Address		
kcastledine@heritagecann.com	www.heritagecann.com		