FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Glow LifeTech Corp. (the "Issuer").

Trading Symbol: GLOW

Number of Outstanding Listed Securities: 57,108,546

Date: January 6, 2022

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.

Glow LifeTech is a Canadian-based biotechnology company focused on producing nutraceutical and cannabinoid-based products with dramatically enhanced bioavailability, absorption and effectiveness. The Company has commenced the build-out and commissioning of licensed processing space to bring a suite of fast-acting, high-absorption, water- soluble cannabis-based ingredients to the Canadian market. Access to the space was obtained through a collaboration agreement with the license holder MEDZ. Glow has a dedicated Processing Space within a fully licensed facility located in Toronto, Ontario, to process, package and distribute cannabis-based concentrates, all in compliance with applicable laws and regulations. The construction, build-out and procurement of all critical processing equipment has commenced.

Additionally, Glow has acquired the rights to sell and distribute ArtemiC in Canada, Mexcio, and the United States. The licensor completed Phase II clinical and preclinical studies of ArtemiC™, evaluating its efficacy as an anti-inflammatory agent to counter increased cytokine production found in COVID-19 infections including different variants. Following these clinical trials which showed the capacity for ArtemiC™ to improve and expedite the clinical recovery of mild to moderate COVID-19 patients, additional preclinical animal studies to further support how ArtemiC™ works or its mechanism of action were completed. Glow is preparing the product for launch in the countries noted above. This includes regulatory submissions to Health Canada and product labeling for compliance as dietary supplement in the US and regulatory assessment of the pathway for Mexico. In addition, direct to consumer website is being developed for Canadian consumers in preparation for approval.

The Company was active in the development of the business as detailed in 2. below.

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

The Company achieved positive results from a preclinical pharmacokinetic study evaluating its advanced MyCell® CBD concentrate against traditional CBD oil. Overall, MyCell® CBD formulation demonstrated fast-acting absorption in under 15 minutes and 13x greater absorption of CBD at 60 minutes, providing scientific evidence of MyCell® Technology's industry leading bioavailability and effectiveness.

The Company also announced that it is co-sponsoring a clinical study (the "Study") to assess the impact of its proprietary natural health product Artemic Support®, which features MyCell® Technology, in patients with Long COVID syndrome. Post-acute COVID syndrome (PACS) or "Long COVID" presents itself as a wide range of ongoing symptoms patients can experience for four or more weeks after first being infected with SARS-COV-2. Long Covid is estimated to affect approximately 10%-35% of all COVID patients, and the inflammatory response is generally thought to be fundamental to the persistence of symptoms. Therefore, the ability to reduce inflammation could improve patient outcomes, and this study is aimed at validating such a framework for Artemic Support®. Artemic Support® is a natural health product made from curcumin, boswellia and vitamin C designed to reduce inflammatory responses and is formulated with MyCell® Technology ingredients to increase bioavailability and deliver faster, more effective cellular absorption of natural active ingredients. This new innovation is the second product in the Company's Artemic product range to progress to the Clinical Trial phase to determine safety and efficacy against SARS2-COV-2 related diseases.

Management continued to be involved in the development of its business as more specifically detailed in 1 above.

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.

In the month of November 2021, the Company took Delivery of a MyCell Reactor for production of its high-performance MyCell® ingredients, and successfully received CSA standards approval. The receipt of the reactor in Canada and receiving CSA standards approval will allow Glow to develop, prototype and manufacture its industry-leading MyCell® ingredients at its recently announced processing space. The reactor is a critical piece of equipment that enables the transformation of poorly absorbed ingredients into clear, water-compatible concentrates that have fast-acting onset, high-absorption and precision dosing, using only naturally-derived ingredients. Glow will be able to initiate product development activities in Canada and produce a diverse portfolio of industry-leading, high-bioavailability ingredients that push the boundaries of performance and innovation. Glow's advanced water-based concentrates makes it easy for brands to develop differentiated, high-value products that are more effective, fast-acting, consistent, all-natural, and great tasting across multiple product categories including drops, gummies, beverages, sprays, pills, and topicals.

In the month of November, the Company completed the buildout of its licensed processing space in Canada and has begun commissioning its reactor production equipment which enables the production of its high-performance MyCell® ingredients. Glow has completed the buildout of its first production facility, located in Toronto, Canada, which will provide the Company the necessary production capacity to service the Canadian market nationally, across both adult-use and medical cannabis markets. In addition, the Company has begun commissioning its proprietary reactor, developed by its technology partner Swiss PharmaCan, which is a global first that the MyCell® Technology production has been deployed outside of its native Switzerland location.

The Company announced the details of a new clinical study as detailed in 2 above.

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

None in the month of December 2021.

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

None in the month of December 2021.

6. 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 in the month of December 2021.

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

None in the month of December 2021.

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

None in the month of December 2021.

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

None in the month of December 2021.

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

Glow is pleased to welcome scientific and regulatory experts Scott Sawler, Dr. Murray Berall and Dr. Melissa Lewis-Bakker and as the initial appointees to the Company's Technical Advisory Board. The three advisors will provide counsel and guidance on the technical, regulatory and clinical aspects of Glow's product lines of advanced nutraceutical and cannabis ingredients. In brief: Scott Sawler is a regulatory expert and the former Director General of Natural Health Products (NHPs) at Health Canada. Dr. Murray Berall is a Physician, specializing in nephrology and sleep medicine and was the first Ortho Fellow in Renal Transplantation at the Toronto General Hospital. Dr. Melissa Lewi-Bakker is an Organic Chemist specializing in cannabis medicine, extractions and formulations and well respected for her research, patents, presentations and societies. The advisors will work collaboratively with the Company to identify strategies to advance Glow's scientific, clinical and commercial initiatives.

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

On March 12, 2020, the World Health Organization ("WHO") declared a global pandemic as a result of the COVID-19 virus. The impacts on global commerce are expected to be far reaching and, at this point, unknown. The global lock-down impacts have negatively impacted the economy as a whole and capital markets in Canada. The effects on the Company's operations have been minor to date but management continues to monitor and contingency plan.

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 6, 2022.

Clark Kent

Name of Director or Senior Officer

"W. Clark Kent"
Signature

President & Chief Executive Officer
Official Capacity

Issuer Details Name of Issuer Glow LifeTech Corp.	For Month End December 31, 2021	Date of Report YY/MM/D 2022/01/06
Issuer Address 65 International Blvd. Suite 206		
City/Province/Postal Code Toronto, ON M9W 6L9	Issuer Fax No. 1-844-247-6633	Issuer Telephone No. 647-872-9982
Contact Name W. Clark Kent	Contact Position President & CEO	Contact Telephone No. 647-872-9982
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