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MANIFESTSEVEN EXTENDS INTERIM PAYMENT DATE ON CONVERTIBLE NOTE

IRVINE, Calif. – October 16, 2020 – [ManifestSeven](#) Holdings Corporation (CSE:MSVN) (formerly P&P Ventures Inc.) (“**M7**” or the “**Company**”), announced today that the Company, through its wholly owned subsidiaries, has reached an agreement with the holders of the senior secured convertible note (the “**H30 Note**”), issued to the sellers in connection with the acquisition of Healthy Healing Holistic Options, Inc., to extend the payment date for the interim payment of \$2,250,000 USD of the principal amount outstanding under the H30 Note due on October 15, 2020 (the “**Interim Payment**”) to November 30, 2020. As consideration for such extension, the Company has agreed to pay to the H30 Note holders a fee in the aggregate amount of up to \$575,000 USD, consisting \$100,050 USD which is immediately payable, and \$10,325 USD payable per day commencing on and including October 16, 2020 and concluding on the date of the Interim Payment.

ABOUT MANIFESTSEVEN:

ManifestSeven is the first integrated omnichannel platform for legal cannabis, merging compliant distribution with a retail superhighway. M7, headquartered in Irvine, California, services the needs of lawful operators across the supply chain, from the cultivator to the consumer, through an expansive network of four facilities stretching from the San Francisco Bay Area to San Diego. M7 further augments its business-to-business value proposition with a growing portfolio of owned and operated retail operations located in major metro markets, including brick-and-mortar dispensaries, local on-demand delivery services, e-commerce, and subscription offerings.

CAUTIONARY NOTE REGARDING FORWARD-LOOKING INFORMATION AND STATEMENTS:

This press release contains “forward-looking information” within the meaning of applicable Canadian securities legislation. Such forward-looking information and forward-looking statements are not representative of historical facts or information or current condition, but instead represent only the Company's beliefs and assumptions regarding future events, plans or objectives, many of which, by their nature, are inherently uncertain and outside of the Company's control. This forward-looking information is based on certain assumptions made by management and other factors used by management in developing such information. Although the Company believes that the assumptions and factors used in preparing, and the expectations contained in, the forward-looking information and statements are reasonable, undue reliance should not be placed on such information and statements, and no assurance or guarantee can be given that such forward-looking information and statements will prove to be accurate, as actual results and future events could differ materially from those anticipated in such information and statements. Factors that could cause the actual results to differ materially from those in forward-looking statements include, regulatory actions, market prices, and continued availability of capital and financing, and general economic, market or business conditions. The forward-looking information and forward-looking statements contained in this press release are made as of the date of this press release, and the Company does not undertake to update any forward-looking information and/or forward-looking statements that are contained or referenced herein, except in accordance with applicable securities laws. All subsequent written and oral forward-looking information and statements attributable to the Company or persons acting on its behalf are expressly qualified in its entirety by this notice.

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