

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: GLOBAL HEALTH CLINICS LTD.

Trading Symbol: MJRX

Number of Outstanding Listed Securities: 49,438,911

Date: November 7, 2018

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.

On October 3rd, 2018, the Company announce that it's chief executive officer, Terry Roycroft, will be presenting at the Kamloops Summit on Opioid and Cannabinoid Research. The event will be focusing on educating

Canada's health professionals on the health benefits of cannabis and the coming legalization.

Mr. Roycroft will be present at the following.

Mastermind studios: Oct. 3, 2018, at 1 p.m. to 5 p.m. PST

Irving Barber studio: Oct. 3, 2018, at 7 p.m. to 9 p.m. PST

For further details, please see News Release dated October 3, 2018.

On October 4th, 2018, the Company and its subsidiary, Medicinal Cannabis Resource Center (MCRCI), have committed to expanding the company's clinic outreach initiative through a series of acquisitions and openings nationally.

On October 10th, 2018, the Company, through its wholly owned subsidiary Medicinal Cannabis Resource Centre (MCRCI), has signed up its first round of patients to its premium licensed producer of medical cannabis for medical purposes (LP), initiating an agreement between the LP and Global Health Clinics.

On October 29th, 2018, the Company announced that it's patient matrix has grown consistently month by month from 2017, with projections tripling in 2019. Patient numbers have nearly doubled since last year, resulting in an increase in support grants/sponsorships from licensed producers.

The Company has joined the British Columbia Seniors Living Association as well as the British Columbia Care Providers Association, which targets Canada's fastest-growing demographic in the cannabis sector.

Suzette Ramcharan has resigned from the board of directors.

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

On October 29th, 2018, the Company announced that Suzette Ramcharan has resigned from the board of directors.

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.

On October 4th, 2018, the Company and its subsidiary, Medicinal Cannabis Resource Center (MCRCI), have committed to expanding the company's clinic outreach initiative through a series of acquisitions and openings nationally. The initiative program provides primary cannabis health care and outreach, targeting areas of Canadians that do not have readily accessible cannabis or cannabis information. Once fully operational, the program will be able to provide thousands of Canadians annually with information and its ACMPR (Access to Cannabis for Medical Purposes Regulations) licence, linking them with one of Health Canada's licensed producers.

Currently targeted are clinics in British Columbia and Alberta; these partner-operated clinics act as a vital link between the communities in which they operate and the local health authority by facilitating better cannabis care and information for potential patients. Further, these clinics will further help the pavilion arm of the company expand its out reach to more rural areas, broadening the outreach of Global Health Clinics.

On October 10th, 2018, the Company, through its wholly owned subsidiary Medicinal Cannabis Resource Centre (MCRCI), has signed up its first round of patients to its premium licensed producer of medical cannabis for medical purposes (LP), initiating an agreement between the LP and Global Health Clinics. This is an important milestone for the company as it successfully ramps up its acquisition of patients and referral services. Global Health Clinics anticipates a steady flow of patients from clinic to LP. Patients will receive expedited service and priority pricing when signed up through Global Health Clinics.

On October 29th, 2018, the Company announced that it's patient matrix has grown consistently month by month from 2017, with projections tripling in 2019. Patient numbers have nearly doubled since last year, resulting in an increase in support grants/sponsorships from licensed producers. Global Health Clinics' patient purchases from its licensed producers have increased above projections. By opening secondary locations in Kamloops and Vernon, Global Health Clinics will be able to support more patients in British Columbia's interior and the Okanagan. This has related to about 25 per cent of the overall patient numbers. Further details, please see news release dated October 29, 2018.

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.

On October 29th, 2018, the Company has joined the British Columbia Seniors Living Association as well as the British Columbia Care Providers Association, which targets Canada's fastest-growing demographic in the cannabis sector.

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.

None.

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.

None.

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

Not applicable.

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.

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

None.

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

Not applicable.

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.

There are no legal proceedings.

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

None.

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

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾
-	-	-	-

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

None.

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

Not applicable.

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

There are no trends specific to the Company at this time.

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 7 Monthly Progress Report is true.

Dated: November 7, 2018

Name of Director or Senior Officer

Anthony Jackson

"Anthony Jackson"

Director

Issuer Details Name of Issuer GLOBAL HEALTH CLINICS LTD.	For Month End October, 2018	Date of Report YY/MM/DD 18/11/07
Issuer Address #800 – 1199 W. Hastings Street		
City/Province/Postal Code Vancouver, BC V6E 3T5	Issuer Fax No. (888)241-5996	Issuer Telephone No. (604)283-1722
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