

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Optimi Health Corp. (the "Issuer").

Trading Symbol: OPTI and OPTI.WT

Number of Outstanding Listed Securities: 69,063,006 (OPTI) and 13,800,000 (OPTI.WT)

Date: April 5, 2021

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.

The Issuer (CSE: OPTI; OPTI.WT) is developing a sophisticated mushroom brand that focuses on the health and wellness markets. With a vertically integrated approach, the Issuer intends to cultivate, extract, process and distribute high quality functional mushroom products at its two facilities comprising a total of 20,000 square feet nearing completion in Princeton, British Columbia. To fully investigate the science of mushrooms, the Issuer has received a research

exemption under Health Canada Food and Drug Regulations (“FDR”) for the use of Psilocybin and Psilocin for scientific purposes via its wholly owned subsidiary, Optimi Labs Inc. The Issuer has also applied for a dealer’s license under Canada’s Narcotic Control Regulations governing possession, distribution, sale, laboratory analysis of and research and development of Psilocybin and Psilocin formulations. The Issuer is committed to expert cultivation and quality production subject to and in accordance with the terms of all applicable laws and governing regulations to ensure safe, superior Canadian fungi production.

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

The Issuer is now preparing products for shipping and distribution directly to consumers, as well as to health food brands, Amazon, and various distributors. The Issuer intends to distribute its finished products in Canada via a consumer-oriented website scheduled to launch in Q2, 2021. The Issuer’s business development team have been approaching health food brands, potential distribution partners, and various retailers to build awareness and develop relationships.

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 Issuer received product licensing paving the way for the commencement of nutraceutical marketing and sales in Q2, 2021. The Issuer is developing a pipeline of nutraceutical mushroom brands encompassing natural health products. In preparation for the public sales launch of its nutraceutical brand line-up, the Issuer applied for and has now received Natural Product Number (“NPN”) licenses for six products. These include five singular mushroom strain capsules (Reishi, Chaga, Turkey Tail, Lions Mane and Cordyceps) and one formulated mixed blend capsule proprietary to the Issuer. To sell natural health products in Canada, companies must obtain a NPN as assessed by the Natural and Non-Prescription Health Product Directorate (“NNHPD”) of Health Canada. Once determined that the product is safe, effective, and of high quality, an eight-digit NPN number is granted and must be shown on brand packaging. The Issuer’s production process aims to cultivate and extract dried mushrooms from its own facilities. Construction of the facilities in Princeton, B.C. is nearing completion. The Issuer’s facilities will focus upcoming production efforts on high demand varieties such as Lion’s Mane, Reishi, Turkey Tail and Cordyceps.

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.

N/A

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.

N/A

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.

N/A

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.

N/A

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

N/A

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.

N/A

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

The Issuer has no direct employees.

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

N/A

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.

N/A

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

N/A

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

Security	Number Issued	Details of Issuance	Use of Proceeds
Common Shares	300,000	Issued March 16, 2021 in connection with the exercise of warrants exercisable at \$0.40 per warrant.	Proceeds from the warrant exercises will be used for general working capital.

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

N/A

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

On March 4, 2021, the Issuer established a Compensation Committee and appointed the following as members:

**JJ Wilson
Jonathan Schintler, Chair
Jacob Safarik**

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

The trends and risks which are likely to impact the Issuer are detailed in the Issuer's Final Long Form Prospectus (the "Prospectus") under the heading "Risks Factors", the Prospectus is available on the Issuer's SEDAR profile 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 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 **April 5, 2021**_____.

Mike Stier
Name of Director or Senior Officer

/s/ "Mike Stier"
Signature

President and CEO
Official Capacity

Issuer Details Name of Issuer Optimi Health Corp.	For Month End March 31, 2021	Date of Report YY/MM/D 2021/04/05
Issuer Address 201 – 1448 Commercial Drive		
City/Province/Postal Code Vancouver, B.C., V5L 3X9	Issuer Fax No. N/A	Issuer Telephone No. (778) 930-1321
Contact Name Leah Hodges	Contact Position Administrator	Contact Telephone No. (604) 377-0403
Contact Email Address lhodges@benchmarkgovernance.com	Web Site Address https://optimihealth.ca/	