

# FORM 11

## NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: (the "Issuer").

Trading Symbol: PHRM

Date: October 13, 2020

### 1. New Options Granted:

Date of Grant: October 9, 2020

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Management Company)	Insider Yes or No?	No. of Optioned Shares	Exercise Price	Expiry Date	No. of Options Granted in Past 12 Months
PowerOne Capital Markets Limited	Consultant	No	500,000	\$0.195	10.09.25	-
Mario Boscarino	Consultant	No	250,000	\$0.195	10.09.25	-
John Teti	Consultant	No	250,000	\$0.195	10.09.25	-

Total Number of optioned shares proposed for acceptance: 1,000,000

### 2. Other Presently Outstanding Options:

Name of Optionee	Number of Optioned Shares <sup>(1)</sup>	Exercise Price	Original Date of Grant	Expiry Date
Edward Ierfino, Director	125,000	\$0.10	11.19.19	11.19.21
Tris Coffin Director	125,000	\$0.10	11.19.19	11.19.21
Elysian Management Ltd., Consultant	125,000	\$0.10	11.19.19	11.19.21
Fabio Chianelli, CEO and Director	400,000	\$0.10	07.16.20	07.16.25
Carmelo Marrelli CFO and Director	300,000	\$0.10	07.16.20	07.16.25
Andrew Todd,	50,000	\$0.10	07.16.20	07.16.25

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Corporate Secretary				
Jing Peng, Consultant	50,000	\$0.10	07.16.20	07.16.25
Christian Scovenna, Director	300,000	\$0.10	07.16.20	07.16.25
Carlo Sansalone, Director	300,000	\$0.10	07.16.20	07.16.25
Beverly J. Incledon, Director	350,000	\$0.10	07.16.20	07.16.25
Phedias Diamandis, Consultant	250,000	\$0.10	07.16.20	07.16.25
Michael Frank, Consultant	1,000,000	\$0.10	07.16.20	07.16.25
1407535 Ontario Limited, Consultant	850,000	\$0.10	07.16.20	07.16.25
Jeff Stevens, Consultant	350,000	\$0.10	07.16.20	07.16.25
Jay Vieira, Consultant	300,000	\$0.10	07.16.20	07.16.25

1. Set out number of optioned shares for each grant with different terms.

### 3. Additional Information

- (a) If shareholder approval was required for the grant of options (including prior approval of a stock option plan), state the date that the shareholder meeting approving the grant was or will be held.
- (b) State the date of the news release announcing the grant of options.
- (c) State the total issued and outstanding share capital at the date of grant or amendment.
- (d) State, as a percentage of the issued and outstanding shares of the Issuer indicated in (c) above, the aggregate number of shares that are subject to incentive stock options, including new options, amended options and other presently outstanding options.
- (e) If the new options are being granted pursuant to a stock option plan, state the number of remaining shares reserved for issuance under the plan.
- (f) If the Issuer has completed a public distribution of its securities within 90 days of the date of grant, state the per share price paid by the public investors.
- (g) Describe the particulars of any proposed material changes in the affairs of the Issuer.

### 4. Certificate of Compliance

The undersigned hereby certifies that:

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OR AMENDMENT**

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 11 Notice of Proposed Stock Option Grant or Amendment is true.

Dated this 13<sup>th</sup> day of October, 2020

Fabio Chianelli  
Name of Director or Senior Officer

  
Signature

Chief Executive Officer and Director  
Official Capacity