

## FORM 7

### MONTHLY PROGRESS REPORT

Name of Listed Issuer: PUF Ventures Inc. (the "Issuer").

Trading Symbol: PUF

Number of Outstanding Listed Securities: 57,889,878

Date: March 12, 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 February 1, 2018, the Issuer and Canvas MedTech Inc. ("MTEC") announced formation of a technology partnership between MTEC and Blox Labs Inc. (CSE: BLOX) (US OTC: BLLXF) (FSE: BR1B), a technology company specialized in decentralized ledger technology, smart contracts and blockchain development, as further described in Item 2 below.**

**On February 8, 2018, the Issuer announced that Health Canada has contacted AAA Heidleberg to acknowledge the company's position in the Access to Cannabis for Medical Purposes Regulations ("ACMPR") licensing process which is the confirmation of readiness stage, as further described in Item 2 below.**

**On February 15, 2018, the Issuer and its strategic partner MYM Nutraceuticals (CSE: MYM) announced that the Casino, New South Wales based Solaris Nutraceuticals Pty. Ltd., which is building the largest medical cannabis greenhouse in the southern hemisphere, has been awarded a AUD\$2,500,000 Regional Jobs Investment Program ("RJIP") grant, through Federal Department of Innovation, Industry & Science, as further described in Item 2 below.**

On February 20, 2018, the Issuer and its strategic partner MYM Nutraceuticals (CSE: MYM) announced a joint venture agreement between Southern Cross University and Solaris Nutraceuticals to commit to the development of hemp and medicinal cannabis products in the NSW Northern Rivers region that will enhance animal and human health, as further described in Item 2 below.

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

On February 1, 2018, the Issuer and MTEC announced the formation of a technology partnership between MTEC and Blox Labs Inc. (CSE: BLOX) (US OTC: BLLXF) (FSE: BR1B), a technology company specialized in decentralized ledger technology, smart contracts and blockchain development.

MTEC will use its extensive expertise in strategic creative marketing campaigns including SEO, digital branding and other related services to create a high-quality strategic communications campaign for Blox's investor base and partners as it drives its business growth with multiple blockchain projects. The increased connectivity will facilitate the sharing of Blox news, projects and media through digital and mobile networks. This alliance also opens the door to exploring new and innovative digital business solutions.

MTEC believes in the power of data to help build customer-centric initiatives in the medical technology sector. Millions of ideas are created every day, a fraction of those address an actual business need, and fewer still have the business plan to disrupt the status quo in becoming game changers in today's ever-changing markets. At MTEC we focus our efforts towards data-driven business solutions that put the end user in the driver seat. From access to investors, target customers and industry-leading experts, our company enables other companies to scale and succeed as global industry leaders. For more information visit: [www.cannvasmedtech.com](http://www.cannvasmedtech.com).

#### About PUF Ventures Inc.

PUF Ventures Inc. is a growth oriented and diversified company focused on the international cannabis industry. It has ownership in several cannabis companies: AAA Heidelberg, Solaris Nutraceuticals Pty Ltd., and Natures Hemp Corp., and is actively pursuing other opportunities within the industry. PUF has an option to purchase 100% of AAA Heidelberg Inc., a private Ontario company and advanced applicant for an ACMPR license. Solaris Nutraceuticals is building the largest medical cannabis greenhouse in the Southern Hemisphere. For more information please visit: [www.puf.ca](http://www.puf.ca).

On February 8, 2018, the Issuer announced that Health Canada has contacted AAA Heidelberg to acknowledge the company's position in the ACMPR licensing process which is the confirmation of readiness stage. Upon receipt and successful review of an evidence package, AAA Heidelberg can expect to receive an ACMPR license to grow medical cannabis.

With the recent success of Solaris Nutraceutical's 1.2 million sq. ft. greenhouse project in Australia of identifying the location, creating greenhouse design concepts and filing permits and applications with local authorities, the Issuer is looking to replicate the project plan in other cannabis friendly jurisdictions around the world.

On February 15, 2018, the Issuer and its strategic partner MYM Nutraceuticals (CSE: MYM) announced that the Casino, New South Wales based Solaris Nutraceuticals Pty. Ltd., which is building the largest medical cannabis greenhouse in the southern hemisphere, has been awarded a AUD\$2,500,000 RJIP grant, through Federal Department of Innovation, Industry & Science.

The new facility will be Australia's largest growing, manufacturing, processing and research facility in Australia. This is an innovative project which will help patients, create new jobs, complete further research and develop new products in the medical cannabis field.

The company is currently in the assessment stage for three licenses with the Office of Drug Control in Canberra.

#### About Solaris Nutraceuticals Inc.

Solaris Nutraceuticals is an innovative medical technology company headquartered in Sydney, Australia. The Company is owned by PUF Ventures Inc. (CSE: PUF), MYM Nutraceuticals Inc. (CSE: MYM), Chrome Holdings of Australia and private investors. It has submitted applications and plans with Australia's Office of Drug Control to build a 1.2 million square-foot greenhouse facility with cannabis production space and a medical research center in the Northern Rivers Region of New South Wales, Australia. Solaris' corporate mission is to deliver environmentally friendly, sun grown medicinal grade cannabis and to develop medicines and treatments for pain management and other medical conditions. The company's focus is on innovations that promote, support and deliver improvements in the quality, consistency and cost of medicines to our clients. For more information, visit [www.solarisnutraceuticals.com](http://www.solarisnutraceuticals.com).

On February 20, 2018, the Issuer and its strategic partner MYM Nutraceuticals (CSE: MYM) announced a joint venture agreement between Southern Cross University and Solaris Nutraceuticals to commit to the development of hemp and medicinal cannabis products in the NSW Northern Rivers region that will enhance animal and human health. The agreement will pave the way for a flourishing industry built on the medicinal value of cannabis.

Vice-Chancellor Professor Adam Shoemaker said the agreement was a great step forward not just for the region, but also for consumers.

Professor Shoemaker signed the agreement with Mr. Michael Horsfall, CEO of Solaris Nutraceuticals, committing to a new approach that brings together the University's internationally-recognized expertise in medicinal cannabis research with the corporate capabilities of Solaris Nutraceuticals.

The University's Lismore campus is equipped with high-security research laboratories where researchers work with the world's most diverse collection of cannabis seed and has already established an international reputation for botanical research. The decision of Solaris to establish a new medicinal cannabis plant in Casino, just a half hour drive from Lismore, has underscored the potential of this collaboration to yield substantial outcomes.

#### About Southern Cross University

Australia's engaged university, Southern Cross, has maximized its impact by forging close partnerships with industry, communities and research partners around the world. With campuses in Lismore, Coffs Harbour and the Gold Coast, Southern Cross was founded in 1994 and is already ranked by Times Higher Education (THE) in the top 500 universities in the world, including ranking in the top 300 for life sciences.

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.

None.

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.

**As mentioned in Item 2 above, on February 20, 2018, the Issuer and Southern Cross University have entered into a joint venture agreement. Southern Cross University is a non-related party of the Issuer.**

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.

**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 trademarks.

**N/A.**

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

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

**None.**

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.

**None.**

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	250,000 common shares	250,000 stock options exercised at \$0.465 per share	General working capital
Common Shares	140,000 common shares	140,000 warrants exercised at \$0.40 per share	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.

**N/A.**

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

**Changes in commodity prices, in particular metal prices, and changes in the share performance of other junior mineral exploration companies may affect the Issuer's ability to raise financing.**

## 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 CNSX 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 CNSX Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated: **March 12, 2018**\_\_\_\_\_.

Derek Ivany  
Name of Director or Senior Officer

"Derek Ivany"  
Signature

President, CEO & Director  
Official Capacity

<b><i>Issuer Details</i></b> Name of Issuer <b>PUF Ventures Inc.</b>	For Month End <b>February 2018</b>	Date of Report YY/MM/D <b>18/03/12</b>
Issuer Address <b>Suite 804 – 750 W. Pender Street</b>		
City/Province/Postal Code <b>Vancouver, BC V6C 2T7</b>	Issuer Fax No. <b>(604) 685.6905</b>	Issuer Telephone No. <b>(647) 241 4767</b>
Contact Name <b>Derek Ivany</b>	Contact Position <b>President, CEO &amp; Director</b>	Contact Telephone No. <b>(647) 241.4767</b>
Contact Email Address <b><a href="mailto:derek@puf.ca">derek@puf.ca</a></b>	Web Site Address <b><a href="http://www.puf.ca">www.puf.ca</a></b>	