

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: True Leaf Medicine International Ltd. (the "Issuer").

Trading Symbol: MJ

Number of Outstanding Listed Securities: 96,386,204 common shares (plus 12,097,380 common shares reserved for issuance in the form of 6,237,380 warrants and 5,860,000 options)

Date: February 1, 2019

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.**

During the past month, the Issuer generally continued to market its pet products and to develop its pet products line in addition to construction on its cultivation facility in Lumby, British Columbia.

On January 9, 2019, the Issuer announced the appointment of Jodi Watson as Vice-Chair of its Board of Directors.

On January 29, 2019, the Issuer announced that its True Hemp™ product line will soon be available in Arcaplanet stores in Italy, expanding its total retail distribution to 1,000 shares across Europe.

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

Please see Item 1 above.

- 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.**

Please see Item 1 above.

- 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.

Please see Item 1 above.

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.

Please see Item 1 above.

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.

None.

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.

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.**

None.

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

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾
None			

(1) State aggregate proceeds and intended allocation of proceeds.

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

None.

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

The Issuer appointed Jodi Watson as the Vice-Chair of its Board of Directors.

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

On June 20, 2018, the Government of Canada held the final vote on Bill C-45, the Cannabis Act, in the Senate. The Cannabis Act passed in the Senate and received Royal Assent on June 21, 2018. The Cannabis Act came into force on October 17, 2018, recreational cannabis is now available to legal adults (aged 18 or 19 depending on the province or territory) for purchase, growth, or use in limited quantities.

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 February 1, 2019.

Darcy Bomford
Name of Director or Senior Officer

"Darcy Bomford"
Signature

Chief Executive Officer
Official Capacity

Issuer Details Name of Issuer True Leaf Medicine International Ltd.	For Month End January 2019	Date of Report YY/MM/DD 19/02/01
Issuer Address 100 Kalamalka Lake Road, Unit 32		
City/Province/Postal Code Vernon, British Columbia V1T 9G1	Issuer Fax No. N/A	Issuer Telephone No. 778.475.5323
Contact Name Darcy Bomford	Contact Position President, CEO, and Director	Contact Telephone No. 778.475.5323
Contact Email Address Darcy@trueleaf.com	Web Site Address www.trueleaf.com	