### A. General Instructions

#### 1. Filing instructions

An issuer or underwriter that is required to file a report of exempt distribution and pay the applicable fee must file the report and pay the fee as follows:

- In British Columbia through BCSC eServices at http://www.bcsc.bc.ca.
- In Ontario through the online e-form available at http://www.osc.gov.on.ca.
- In all other jurisdictions through the System for Electronic Document Analysis and Retrieval (SEDAR) in accordance with National Instrument 13-101 *System for Electronic Document Analysis and Retrieval (SEDAR)* if required, or otherwise with the securities regulatory authority or regulator, as applicable, in the applicable jurisdictions at the addresses listed at the end of this form.

The issuer or underwriter must file the report in a jurisdiction of Canada if the distribution occurs in the jurisdiction, and the issuer or underwriter is relying on a specific exemption from the prospectus requirement set out in section 6.1 of the Instrument. The requirement to file this report might also be a condition of a prospectus exemption provided in a national, multilateral or local rule or instrument, or a condition of an exemptive relief order. If a distribution is made in more than one jurisdiction of Canada, the issuer or underwriter may satisfy its obligation to file the report by completing a single report identifying all purchasers, and file the report in each jurisdiction of Canada in which the distribution occurs. Filing fees payable in a particular jurisdiction are not affected by identifying all purchasers in a single report.

In order to determine the applicable fee in a particular jurisdiction of Canada, consult the securities legislation of that jurisdiction.

#### 2. Issuers located outside of Canada

If an issuer located outside of Canada determines that a distribution has taken place in a jurisdiction of Canada, include information about purchasers resident in that jurisdiction only.

# 3. Multiple distributions

An issuer may use one report for multiple distributions occurring within 10 days of each other, provided the report is filed on or before the 10th day following the first distribution date. However, an investment fund issuer that is relying on the exemptions set out in subsection 6.2(2) of NI 45-106 may file the report annually in accordance with that subsection.

#### 4. References to purchaser

References to a purchaser in this form are to the beneficial owner of the securities.

However, if a trust company, trust corporation, or registered adviser described in paragraph (p) or (q) of the definition of "accredited investor" in section 1.1 of NI 45-106 has purchased the securities on behalf of a fully managed account, provide information about the trust company, trust corporation or registered adviser only; do not include information about the beneficial owner of the fully managed account.

Joint purchasers may be treated as one purchaser for the purposes of Item 7(f) of this form.

# 5. References to issuer

References to "issuer" in this form include an investment fund issuer and a non-investment fund issuer, unless otherwise specified.

# 6. Investment fund issuers

If the issuer is an investment fund, complete Items 1-3, 6-8, 10, 11 and Schedule 1 of this form.

#### 7. Mortgage investment entities

If the issuer is a mortgage investment entity, complete all applicable items of this form other than Item 6.

# 8. Language

The report must be filed in English or in French. In Québec, the issuer or underwriter must comply with linguistic rights and obligations prescribed by Québec law.

# 9. Currency

All dollar amounts in the report must be in Canadian dollars. If the distribution was made or any compensation was paid in connection with the distribution in a foreign currency, convert the currency to Canadian dollars using the daily exchange rate of the Bank of Canada on the distribution date. If the distribution date occurs on a date when the daily exchange rate of the Bank of Canada is not available, convert the currency to Canadian dollars using the most recent daily exchange rate of the Bank of Canada available before the distribution date. For investment funds in continuous distribution, convert the currency to Canadian dollars using the distribution, convert the currency to Canadian dollars using the average daily exchange rate of the Bank of Canada for the distribution period covered by the report.

If the distribution was not made in Canadian dollars, provide the foreign currency in Item 7(a) of the report.

# 10. Date of information in report

Unless otherwise indicated in this form, provide the information as of the distribution end date.

# 11. Date of formation

For the date of formation, provide the date on which the issuer was incorporated, continued or organized (formed). If the issuer resulted from an amalgamation, arrangement, merger or reorganization, provide the date of the most recent amalgamation, arrangement, merger or reorganization.

# 12. Security codes

Wherever this form requires disclosure of the type of security, use the following security codes:

Security code	Security type
BND	Bonds
CER	Certificates (including pass-through certificates, trust certificates)
CMS	Common shares
CVD	Convertible debentures
CVN	Convertible notes
CVP	Convertible preferred shares
DCT	Digital coins or tokens
DEB	Debentures
DRS	Depository receipts (such as American or Global depository receipts/shares)
FTS	Flow-through shares
FTU	Flow-through units
LPU	Limited partnership units and limited partnership interests (including capital commitments)
MTG	Mortgages (other than syndicated mortgages)
NOT	Notes (include all types of notes except convertible notes)
OPT	Options
PRS	Preferred shares
RTS	Rights
SMG	Syndicated mortgages
SUB	Subscription receipts
UBS	Units of bundled securities (such as a unit consisting of a common share and a warrant)
UNT	Units (exclude units of bundled securities, include trust units and mutual fund units)
WNT	Warrants (including special warrants)
ОТН	Other securities not included above (if selected, provide details of security type in Item 7d)

# 13. Distributions by more than one issuer of a single security

If two or more issuers distributed a single security, provide the full legal names of the co-issuers in Item 3.

#### B. Terms used in the form

**1.** For the purposes of this form:

"designated foreign jurisdiction" means Australia, France, Germany, Hong Kong, Italy, Japan, Mexico, the Netherlands, New Zealand, Singapore, South Africa, Spain, Sweden, Switzerland or the United Kingdom of Great Britain and Northern Ireland;

"eligible foreign security" means a security offered primarily in a foreign jurisdiction as part of a distribution of securities in either of the following circumstances:

- (a) the security is issued by an issuer
  - (i) that is incorporated, formed or created under the laws of a foreign jurisdiction,
  - (ii) that is not a reporting issuer in a jurisdiction of Canada,
  - (iii) that has its head office outside of Canada, and
  - (iv) that has a majority of the executive officers and a majority of the directors ordinarily resident outside of Canada;
- (b) the security is issued or guaranteed by the government of a foreign jurisdiction;

"foreign public issuer" means an issuer where any of the following apply:

- (a) the issuer has a class of securities registered under section 12 of the 1934 Act;
- (b) the issuer is required to file reports under section 15(d) of the 1934 Act;
- (c) the issuer is required to provide disclosure relating to the issuer and the trading in its securities to the public, to security holders of the issuer or to a regulatory authority and that disclosure is publicly available in a designated foreign jurisdiction;

"legal entity identifier" means a unique identification code assigned to the person

- (a) in accordance with the standards set by the Global Legal Entity Identifier System, or
- (b) that complies with the standards established by the Legal Entity Identifier Regulatory Oversight Committee for pre-legal entity identifiers;

"NRD" means National Registration Database;

"permitted client" has the same meaning as in National Instrument 31-103 Registration Requirements, Exemptions and Ongoing Registrant Obligations;

**"SEDAR profile"** means a filer profile required under section 5.1 of National Instrument 13-101 System for Electronic Document Analysis and Retrieval (SEDAR).

- 2. For the purposes of this form, a person is connected with an issuer or an investment fund manager if either of the following applies:
  - (a) one of them is controlled by the other;
  - (b) each of them is controlled by the same person.

# Form 45-106F1 Report of Exempt Distribution

Item 1 – Report Type										
New report										
Amended report         If amended, provide filing date of report that is being amended.         (YYYY-MM-DD)										
ITEM 2 – PARTY CERTIFYING THE REPORT										
Indicate the party certifying the report (select only one). For guidance regarding whether an issuer is an investment fund, refer to section 1.1 of National Instrument 81-106 Investment Fund Continuous Disclosure and the companion policy to NI 81-106.										
✓ Issuer (other than an investment fund)										
Underwriter										
ITEM 3 – ISSUER NAME AND OTHER IDENTIFIERS										
Provide the following information about the issuer, or if the issuer is an investi	nent fund, about the fund.									
Full legal name Eat Well Investment Group In	c.									
Previous full legal name Rockshield Capital Corp.										
If the issuer's name changed in the last 12 months, provide most rea	ent previous legal name.									
Website www.eatwellgroup.com	(if applicable)									
If the issuer has a legal entity identifier, provide below. Refer to Part B of the In	nstructions for the definition of "legal entity identifier".									
Legal entity identifier										
If two or more issuers distributed a single security, provide the full legal name	's) of the co-issuer(s) other than the issuer named above.									
Full legal name(s) of co-issuer(s)	(if applicable)									
ITEM 4 – UNDERWRITER INFORMATION										
If an underwriter is completing the report, provide the underwriter's full legal I	name and firm NRD number.									
Full legal name										
Firm NRD number										
If the underwriter does not have a firm NRD number, provide the head office of	ontact information of the underwriter.									
Street address										
Municipality	Province/State									
Country Posta	code/Zip code									
Telephone number	Website (if applicable)									

ITEM 5 – ISSUER INFORMATION
If the issuer is an investment fund, do not complete Item 5. Proceed to Item 6.
a) Primary industry
Provide the issuer's North American Industry Classification Standard (NAICS) code (6 digits only) that in your reasonable judgment most closely corresponds to the issuer's primary business activity.
NAICS industry code 5 2 3 9 9 0
If the issuer is in the <b>mining industry</b> , indicate the stage of operations. This does not apply to issuers that provide services to issuers operating in the mining industry. Select the category that best describes the issuer's stage of operations.          Exploration       Development       Production
Is the issuer's primary business to invest all or substantially all of its assets in any of the following? If yes, select all that apply.           Mortgages         Real estate         Commercial/business debt         Consumer debt         Private companies           Cryptoassets         Cryptoassets         Company of the following? If yes, select all that apply.
b) Number of employees
Number of employees: $\checkmark 0 - 49$ $\bigcirc 50 - 99$ $\bigcirc 100 - 499$ $\bigcirc 500$ or more
c) SEDAR profile number
Does the issuer have a SEDAR profile?         No       ✓         Yes       If yes, provide SEDAR profile number         0       0       0       2       6       5       6       7         If the issuer does not have a SEDAR profile complete Item 5(d) – (h).
d) Head office address
Street address
Municipality
Country     Telephone number
e) Date of formation and financial year-end
Date of formation      Financial year-end        YYYY     MM     DD     MM     DD
f) Reporting issuer status
Is the issuer a reporting issuer in any jurisdiction of Canada? No Yes
If yes, select the jurisdictions of Canada in which the issuer is a reporting issuer.          Image: All image: AB image: BC image: BB image: BC image: B
g) Public listing status
If the issuer has a CUSIP number, provide below (first 6 digits only). CUSIP number
If the issuer is publicly listed, provide the name of the exchange on which the issuer's equity securities primarily trade. Provide only the name of an exchange and not a trading facility such as, for example, an automated trading system. Exchange name
h) Size of issuer's assets
Select the size of the issuer's assets based on its most recently available annual financial statements (Canadian \$). If the issuer has not prepared annual financial statements for its first financial year, provide the size of the issuer's assets at the distribution end date.         \$0 to under \$5M       \$5M to under \$25M       \$25M to under \$100M         \$100M to under \$500M       \$500M to under \$1B       \$1B or over

# ITEM 6 – INVESTMENT FUND ISSUER INFORMATION

If the issuer is an invest	ment fund, provide the following information.								
a) Investment fund	manager information								
Full legal name									
Firm NRD Number	(if applicable)								
If the investment fund manac	ner does not have a firm NRD number, provide the head office contact information of the investment fund manager.								
Street Address	Street Address								
Municipality	Municipality Province/State								
Country	Postal code/Zip code								
Telephone number	Website (if applicable)								
b) Type of investme	ent fund								
Type of investment fund that most accurately identifies the issuer (select only one).         Money market       Equity       Fixed income       Balanced         Alternative strategies       Cryptoasset       Other (describe)       Indicate whether one or both of the following apply to the investment fund.         Invests primarily in other investment fund issuers       Is a UCITs Fund <sup>1</sup> Is a UCITs Fund <sup>1</sup>									
	perate throughout the EU on a passport basis on authorization from one member state.								
Date of formation	YYYY     MM     DD     MM     DD								
d) Reporting issuer	status of the investment fund								
Is the investment fund a repo	rting issuer in any jurisdiction of Canada? No Yes								
If yes, select the jurisdictions of All	of Canada in which the investment fund is a reporting issuer.          AB       BC       MB       NB       NL       NT         NU       ON       PE       QC       SK       YT								
	tus of the investment fund								
CUSIP number	CUSIP number, provide below (first 6 digits only).								
Exchange name									
f) Net asset value	(NAV) of the investment fund								
Select the NAV range of the i \$0 to under \$5M \$100M to under \$500	Important fund as of the date of the most recent NAV calculation (Canadian \$).         \$5M to under \$25M       \$25M to under \$100M         M       \$500M to under \$1B       \$1B or over       Date of NAV calculation:         YYYY       MM       DD								

# ITEM 7 – INFORMATION ABOUT THE DISTRIBUTION

purch conne	asers ction	resider	nt in th ne disti	at jur ributic	isdicti	on of Canada	only. Do not	in a jurisdiction of 6 include in Item 7 se m 8. The informatio	ecurities	issued a	s payment of	commissions	or finder's fees i	n
		Curren												
Select ✓		<i>urrenc</i> y nadian			ies in v	which the dist		nade. All dollar am Euro Other	ounts pi (descr		n the report i	must be in Ca	nadian dollars.	
k	) [	Distrib	ution	date(	s)									
date a distrib	s bot ution	h the si perioa St	tart an I cover art da	nd end red by ate	dates the re YY	5. If the report eport. 2021 12	is being filed	filed for securities a for securities distrib Er		a contir	uous basis, i 12			
	,						ch purchase	r and attach the	e sched	lule to t	he comple	ted report.		
C	1) T	Types	of se	curitie	es dis	stributed								
								on a per security bo -digit CUSIP numb				ing distribute	d.	te the
	)	h.	CUE	D	har				Nhum	abor of	Single or	Canadian	\$	-
2	Securi code			P num plicab						nber of urities	lowest price	Highest price	Total amount	
W	Ν	Т					Varrants at \$0.5 ant exercisable	55. Each Special for one unit.	9,27	72,727	0.55	0.55	5,099,999.85	
lf any securit C	right: ties w	s (e.g. v vere dis	varran tribute Ui	ts, opi ed, pro	tions) ovide t ng	were distribut he conversior Exercie		e exercise price and scribe any other ter Expiry date	ms for e	ersion	ertible/excho	angeable secu	rity.	2
		code	sec	urity c	ode	Lowest	Highest	(YYYY-MM-DD)	ra	tio		ibe other terms (if applicable)		
w	N	Т	U	В	S	0.55	0.55	2024-12-23			Each Unit comprised of one common share and one-half of one Common Share purchase warrant. Each Warrant entitles the holder thereof to acquire one Common Share at a price of \$0.75.			
f	) 5	Summ	ary of	the o	distrik	oution by jur	isdiction and	d exemption						
State i purcho distrib This to purcho jurisdi	the to aser r ution able r aser r ction.	otal doli resides in a ju requires resides,	lar am and fo irisdict a sep if a pu	ount of r each ion of arate ırchas	of secu n exerr Cana line itu er resu	urities distribu nption relied c da, include d em for: (i) eac ides in a juriso	ited and the n on in Canada ; istributions to ih jurisdiction diction of Can	umber of purchase for that distribution purchasers residen where a purchaser ada, and (iii) each e otherwise state the	n. Howev t in that resides, exemptio	ver, if an jurisdict (ii) each on relied	issuer located ion of Canad exemption re	d outside of C 'a only. elied on in the	anada completes jurisdiction whe	s a re a
		nce or c					Exemption reli			Numbe	r of unique hasers <sup>2a</sup>	Total amou	nt (Canadian \$)	
_		BC				NI 45-10	06 2.3 [Accred	dited Investor]		•	42	1,295	5,584.95	1
		BC			NI 45		-	nd business assoc	iates]		1		000.10	1
		AB				NI 45-10	06 2.3 [Accred	dited Investor]			13	1,505	5,794.95	]
		MB		$\square$			_	dited Investor]			1	55,	000.00	]
		ON					-	dited Investor]			25		6,569.20	]
		USA			Rule		-	the U.S. Securities	s Act		12		,199.50	ļ
C	:AYN	AYMAN ISLANDS NI 45-106 2.3 [Accredited Investor]									3	69,3	351.15	

	Total number of unique purchasers <sup>2b</sup>	104	
	Total dollar amount of sec	urities distributed	5,099,999.85
SWITZERLAND	NI 45-106 2.3 [Accredited Investor]	2	220,000.00
JAPAN	NI 45-106 2.3 [Accredited Investor]	1	11,000.00
HUNGARY	NI 45-106 2.3 [Accredited Investor]	2	44,000.00
COSTA RICA	NI 45-106 2.3 [Accredited Investor]	1	55,000.00
CHILE	NI 45-106 2.5 [Family, friends and business associates]	1	27,500.00

<sup>2a</sup>In calculating the number of unique purchasers per row, count each purchaser only once. Joint purchasers may be counted as one purchaser.

<sup>2b</sup>In calculating the total number of unique purchasers to which the issuer distributed securities, count each purchaser only once, regardless of whether the issuer distributed multiple types of securities to, and relied on multiple exemptions for, that purchaser.

#### g) Net proceeds to the investment fund by jurisdiction

If the issuer is an investment fund, provide the net proceeds to the investment fund for each jurisdiction of Canada and foreign jurisdiction where a purchaser resides.<sup>3</sup> If an issuer located outside of Canada completes a distribution in a jurisdiction of Canada, include net proceeds for that jurisdiction of Canada only. For jurisdictions within Canada, state the province or territory, otherwise state the country.

Province or country	Net proceeds (Canadian \$)
Total net proceeds to the investment fund	

<sup>3</sup>"Net proceeds" means the gross proceeds realized in the jurisdiction from the distributions for which the report is being filed, less the gross redemptions that occurred during the distribution period covered by the report.

h) Offering materials - This section applies only in Saskatchewan, Ontario, Québec, New Brunswick and Nova Scotia.

If a distribution has occurred in Saskatchewan, Ontario, Québec, New Brunswick or Nova Scotia, complete the table below by listing the offering materials that are required under the prospectus exemption relied on to be filed with or delivered to the securities regulatory authority or regulator in those jurisdictions.

In Ontario, if the offering materials listed in the table are required to be filed with or delivered to the Ontario Securities Commission (OSC), attach an electronic version of the offering materials that have not been previously filed with or delivered to the OSC.

	Description	Date of document or other material (YYYY-MM-DD)	Previously filed with or delivered to regulator? (Y/N)	Date previously filed or delivered (YYYY-MM-DD)
1.				
2.				
3.				

ITEM 8 – COMPENSATION INFORMATION								
Provide information for each person (as defined in NI 45-106) to whom the issuer directly provides, or will provide, any compensation in connection with the distribution. <b>Complete additional copies of this page if more than one person was, or will be, compensated.</b>								
Indicate whether any compensation was paid, or will be paid, in connection with the distribution.								
No ✓ Yes If yes, indicate number of persons compensated. 5								
a) Name of person compensated and registration status								
Indicate whether the person compensated is a registrant.           Image: NoYes								
If the person compensated is an individual, provide the name of the individual.								
Full legal name of individual         Family name         First given name         Secondary given names								
If the person compensated is not an individual, provide the following information.								
Full legal name of non-individual Research Capital Corporation								
Firm NRD number 3 0 7 0 (if applicable)								
Indicate whether the person compensated facilitated the distribution through a funding portal or an internet-based portal.								
b) Business contact information								
If a firm NRD number is not provided in Item 8(a), provide the business contact information of the person being compensated.								
Street address								
Municipality Province/State								
Country Postal code/Zip code								
Email address   Telephone number								
c) Relationship to issuer or investment fund manager								
Indicate the person's relationship with the issuer or investment fund manager (select all that apply). Refer to the meaning of "connected" in Part B(2) of the Instructions and the meaning of "control" in section 1.4 of NI 45-106 for the purposes of completing this section. Connected with the issuer or investment fund manager Insider of the issuer (other than an investment fund)								
Director or officer of the investment fund or investment fund manager								
Employee of the issuer or investment fund manager								
$\checkmark$ None of the above								
d) Compensation details								
Provide details of all compensation paid, or to be paid, to the person identified in Item 8(a) in connection with the distribution. Provide all amounts in Canadian dollars. Include cash commissions, securities-based compensation, gifts, discounts or other compensation. Do not repor payments for services incidental to the distribution, such as clerical, printing, legal or accounting services. An issuer is not required to ask for details about, or report on, internal allocation arrangements with the directors, officers or employees of a non-individual compensated by th issuer.								
Cash commissions paid 169,344.78								
Value of all securities distributed as componenties <sup>4</sup> Security code 1     Security code 2     Security code 3								
compensation <sup>4</sup> w       w								
Other compensation <sup>5</sup> 52,500.00 Describe Agent's fee								
Total compensation paid 337,618.13								
Check box if the person will or may receive any deferred compensation (describe the terms below)								
<sup>4</sup> Provide the aggregate value of all securities distributed as compensation, <u>excluding</u> options, warrants or other rights exercisable to acquire additional securities of the issuer. Indicate the security codes for all securities distributed as compensation, <u>including</u> options, warrants or other rights exercisable to acquire additional securities the issuer.								
<sup>5</sup> Do not include deferred compensation.								

a) Name of person of	mnonoctod o	ad registration a	tatua							
a) Name of person compensated and registration status										
Indicate whether the person com		-	- :							
If the person compensated is an	-	de the name of th	e individual.			r				
Full legal name of individua										
		mily name		rst given na	ame	Second	ary given na	imes		
If the person compensated is not an individual, provide the following information.										
Full legal name of no	Full legal name of non-individual Canaccord Genuity Corp.									
Firm N	Firm NRD number 9 0 0 (if applicable)									
Indicate whether the person compensated facilitated the distribution through a funding portal or an internet-based portal.          Image: Second system       No       Image: Second system       Second system         Image: Second system       No       Image: Second system       Second system       Second system         Image: Second system       No       Image: Second system       Second system       Second system       Second system         Image: Second system       No       Image: Second system       Second system										
b) Business contact in	formation									
If a firm NRD number is not prov	vided in Item 8(d	a), provide the bus	iness contact	informatio	on of the pe	erson beina	compensa	ted.		
Street address		<i>,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,</i>		1		<u> </u>				
Municipality			1	Drovin	ce/State	r				
Municipality										
Country			Pos	tal code/	Zip code					
Email address			Т	elephone	number					
c) Relationship to issu	uer or investm	ent fund manag	er							
Indicate the person's relationship with the issuer or investment fund manager (select all that apply). Refer to the meaning of "connected" in Part B(2) of the Instructions and the meaning of "control" in section 1.4 of NI 45-106 for the purposes of completing this section.  Connected with the issuer or investment fund manager Insider of the issuer (other than an investment fund) Director or officer of the investment fund or investment fund manager Employee of the issuer or investment fund manager None of the above										
d) Compensation deta	ails									
Provide details of all compensation paid, or to be paid, to the person identified in Item 8(a) in connection with the distribution. Provide all amounts in Canadian dollars. Include cash commissions, securities-based compensation, gifts, discounts or other compensation. Do not report payments for services incidental to the distribution, such as clerical, printing, legal or accounting services. An issuer is not required to ask for details about, or report on, internal allocation arrangements with the directors, officers or employees of a non-individual compensated by the issuer.										
Cash commissions paid Value of all securities		1		Casurit	v code 1	Coourity o	ada 0	Security code 2		
	114,033.15	Sec	curity codes		N T	Security c	S	Security code 3		
compensation <sup>4</sup>				vv	N I	О В	3			
Describe terms of	Describe terms of warrants, options or other rights Describe terms of warrants, options or other rights December 23, 2024. Each Unit consists of one common share and one-half of one warrant, each whole warrant is exercisable for one common share at \$0.75 per share until December 23, 2024									
Other compensation <sup>5</sup>		Describe								
Total compensation paid	114,033.15									
Check box if the person will or may receive any deferred compensation (describe the terms below)										
<sup>4</sup> Provide the aggregate value of all sec issuer. Indicate the security codes for a the issuer. <sup>5</sup> Do not include deferred compensation	all securities distrib									

a) Name of person c	ompensated ar	nd registration st	atus					
Indicate whether the person cor								
✓ No Yes								
If the person compensated is ar	individual, provi	de the name of the	individual.					
Full legal name of individu								
		mily name		rst given r	name	Secon	dary given	names
If the person compensated is not an individual, provide the following information.								
Full legal name of non-individual Beacon Securities Limited								
Firm NRD number   1   5   5   4   0   (if applicable)								
Indicate whether the person compensated facilitated the distribution through a funding portal or an internet-based portal.								
b) Business contact	nformation							
If a firm NRD number is not pro	ovided in Item 8(a	ı), provide the busii	ness contact	informat	tion of the	person being	j compen	sated.
Street address								
Municipality				Provi	ince/State			
Country			Pos	tal code	e/Zip code			
Email address			Te	elephon	e number			
c) Relationship to iss	uer or investm	ent fund manage	er					
Connected with the is Insider of the issuer ( Director or officer of the	Indicate the person's relationship with the issuer or investment fund manager (select all that apply). Refer to the meaning of "connected" in Part B(2) of the Instructions and the meaning of "control" in section 1.4 of NI 45-106 for the purposes of completing this section. Connected with the issuer or investment fund manager Insider of the issuer (other than an investment fund) Director or officer of the investment fund or investment fund manager Employee of the issuer or investment fund manager							
d) Compensation det	ails							
Provide details of all compensation details Provide details of all compensation paid, or to be paid, to the person identified in Item 8(a) in connection with the distribution. Provide all amounts in Canadian dollars. Include cash commissions, securities-based compensation, gifts, discounts or other compensation. Do not report payments for services incidental to the distribution, such as clerical, printing, legal or accounting services. An issuer is not required to ask for details about, or report on, internal allocation arrangements with the directors, officers or employees of a non-individual compensated by the issuer. Cash commissions paid 36,288.17								
Value of all securities distributed as	24,808.85	Sec	urity codes	Secur	rity code 1	Security	code 2	Security code 3
compensation <sup>4</sup>	24,000.00	000		W	N T	U B	S	
Describe terms of warrants, options or other rights d45,107 special warrants to purchase one Unit at \$0.55 until December 23, 2024. Each Unit consists of one common share and one-half of one warrant, each whole warrant is exercisable for one common share at \$0.75 per share until December 23, 2024								
Other compensation <sup>5</sup>		Describe						
Total compensation paid	61,097.02							
Check box if the person will or may receive any deferred compensation (describe the terms below)								
<sup>4</sup> Provide the aggregate value of all se issuer. Indicate the security codes for the issuer. <sup>5</sup> Do not include deferred compensation	all securities distrib							

a) Name of person co	mnensated ar	d registration a	tatue					
a) Name of person compensated and registration status								
✓ No Yes	Indicate whether the person compensated is a registrant.          Image: Second compensated is an individual, provide the name of the individual.							
		de the name of th	ne individual.			T		
Full legal name of individua		mily name	Fi	rst given na	ime	Secondary	given names	
If the person compensated is not an individual, provide the following information.								
Full legal name of non-individual     Echelon Wealth Partners Inc.								
Firm NRD number 3 2 4 2 0 (if applicable)								
Indicate whether the person compensated facilitated the distribution through a funding portal or an internet-based portal.          No       Yes								
b) Business contact in	formation							
If a firm NRD number is not prov		) provide the hus	iness contact	informatic	on of the n	arson baing con	monsated	
Street address	nueu în nem o(u	), provide the bus		unjornatic	on of the pe	erson being con	ipensuteu.	
Municipality				Provin	ce/State			
Country			Pos	tal code/2	Zip code			
Email address			Т	elephone	number			
c) Relationship to issu	uer or investme	ent fund manag	ger					
Part B(2) of the Instructions and Connected with the iss Insider of the issuer (ot	Indicate the person's relationship with the issuer or investment fund manager (select all that apply). Refer to the meaning of "connected" in Part B(2) of the Instructions and the meaning of "control" in section 1.4 of NI 45-106 for the purposes of completing this section.         Connected with the issuer or investment fund manager         Insider of the issuer (other than an investment fund)         Director or officer of the investment fund or investment fund manager							
✓ None of the above								
d) Compensation deta	ails							
amounts in Canadian dollars. Inc payments for services incidental	Provide details of all compensation paid, or to be paid, to the person identified in Item 8(a) in connection with the distribution. Provide all amounts in Canadian dollars. Include cash commissions, securities-based compensation, gifts, discounts or other compensation. Do not report payments for services incidental to the distribution, such as clerical, printing, legal or accounting services. An issuer is not required to ask for details about, or report on, internal allocation arrangements with the directors, officers or employees of a non-individual compensated by the							eport for
Value of all securities	36,288.17			Socurity	y code 1	Security code	2 Security code 3	
distributed as	24,808.85	Se	curity codes		N T	U B	S Security code 5	,
compensation <sup>4</sup> vv       vv </td								
Other compensation <sup>5</sup>		Describe						
Total compensation paid	61,097.02							
Check box if the person v	will or may recei	ive any deferred	compensatio	ו (describe	e the terms	below)		
<sup>4</sup> Provide the aggregate value of all sec issuer. Indicate the security codes for a the issuer. <sup>5</sup> Do not include deferred compensation	all securities distribu							

a) Name of person co	ompensated and registration s	tatus						
Indicate whether the person cor ✓ No Yes	· · · · · · · · · · · · · · · · · · ·							
If the person compensated is an individual, provide the name of the individual.								
Full legal name of individual								
Family name First given name Secondary given names								
If the person compensated is no	ot an individual, provide the followi	ng information.						
Full legal name of r		ancial Partners Ltd.						
Firm NRD number       (if applicable)         Indicate whether the person compensated facilitated the distribution through a funding portal or an internet-based portal.         Image: No Sector Sec								
b) Business contact i	information							
,	ovided in Item 8(a), provide the busi	iness contact information of the n	erson heing compensated					
	5 <sup>th</sup> Floor, Anderson Square Bu		erson being compensated.					
	•							
	Grand Cayman	Province/State						
Country	Cayman Islands	Postal code/Zip code	KY1-1206					
Email address		Telephone number						
c) Relationship to iss	uer or investment fund manag	er						
Indicate the person's relationship with the issuer or investment fund manager (select all that apply). Refer to the meaning of "connected" in         Part B(2) of the Instructions and the meaning of "control" in section 1.4 of NI 45-106 for the purposes of completing this section.         Connected with the issuer or investment fund manager         Insider of the issuer (other than an investment fund)         Director or officer of the investment fund or investment fund manager         Employee of the issuer or investment fund manager								
✓ None of the above								
d) Compensation det								
Provide details of all compensation paid, or to be paid, to the person identified in Item 8(a) in connection with the distribution. Provide all amounts in Canadian dollars. Include cash commissions, securities-based compensation, gifts, discounts or other compensation. Do not report payments for services incidental to the distribution, such as clerical, printing, legal or accounting services. An issuer is not required to ask for details about, or report on, internal allocation arrangements with the directors, officers or employees of a non-individual compensated by the issuer.								
Cash commissions paid	37,503.00							
Value of all securities distributed as compensation⁴	Sec	curity codes	Security code 2 Security code 3					
Describe terms o	of warrants, options or other rights							
Other compensation <sup>5</sup>	Describe							
Total compensation paid	37,503.00							
Check box if the person will or may receive any deferred compensation (describe the terms below)								
<sup>4</sup> Provide the aggregate value of all securities distributed as compensation, <u>excluding</u> options, warrants or other rights exercisable to acquire additional securities of the issuer. Indicate the security codes for all securities distributed as compensation, <u>including</u> options, warrants or other rights exercisable to acquire additional securities of the issuer. <sup>5</sup> Do not include deferred compensation.								

11	гем 9 – Directors, Exec	UTIVE OFFICERS	and <b>P</b> rom	OTERS OF 1	THE IS:	SUER				
lf	the issuer is an investment fund,	do not complete Ite	em 9. Proceed t	o Item 10.						
If the issuer is an investment fund, do not complete Item 9. Proceed to Item 10.         Indicate whether the issuer is any of the following (select the one that applies – if more than one applies, select only one).										
D,	a) Directors, executive officer	· · ·			issuar P		within Canac	la sta	to the pr	ovince or
	rritory, otherwise state the country. I							iu, stu	te the pro	DVINCE DI
	Organization or company name	Family name	First given name	en Secondary give names		1 Illinedic			Relationship to issuer (select all that apply)	
						Province	or country	D	0	Р
	b) Promoter information									
lo	, the promoter listed above is not an i cations within Canada, state the pro fficer.		-					-		
	Organization or company name	Family name	First given name	Secondary given names	Residential jurisdiction of individual Province or		Relationship to pron (select one or both if ap		h if appli	
						D D D			0	
	c) Residential address of e	each individual								

Complete Schedule 2 of this form providing the full residential address for each individual listed in Item 9(a) and (b) and attach to the completed report. Schedule 2 also requires information to be provided about control persons.

# ITEM 10 - CERTIFICATION

Provide the following certification and business contact information of an officer, director or agent of the issuer or underwriter. If the issuer or underwriter is not a company, an individual who performs functions similar to that of a director or officer may certify the report. For example, if the issuer is a trust, the report may be certified by the issuer's trustee. If the issuer is an investment fund, a director or officer of the investment fund manager (or, if the investment fund manager is not a company, an individual who performs similar functions) may certify the report if the director or officer has been authorized to do so by the investment fund.

The certification may be delegated, but only to an agent that has been authorized by an officer or director of the issuer or underwriter to prepare and certify the report on behalf of the issuer or underwriter. If the report is being certified by an agent on behalf of the issuer or underwriter, provide the applicable information for the agent in the boxes below.

If the individual completing and filing the report is different from the individual certifying the report, provide the name and contact details for the individual completing and filing the report in Item 11.

The signature on the report must be in typed form rather than handwritten form. The report may include an electronic signature provided the name of the signatory is also in typed form.

Securities legislation requires an issuer or underwriter that makes a distribution of securities under certain prospectus exemptions to file a completed report of exempt distribution.

By completing the information below, I certify, on behalf of the issuer/underwriter/investment fund manager, to the securities regulatory authority or regulator, as applicable, that I have reviewed this report and to my knowledge, having exercised reasonable diligence, the information provided in this report is true and, to the extent required, complete.

Name of issuer/underwriter/ investment fund manager/agent	Eat Well Investment Group Inc.					
Full legal name	Aneed	Marc				
	Family name	First given nam	ie	Secondary given names		
Title	Chief Executive Officer					
Telephone number	604-685-9316	Email address	maneed@eatwellgroup.com			
Signature	Signed "Marc Aneed"	Date	2022	01	04	
			YYYY	MM	DD	

# ITEM 11 - CONTACT PERSON

Provide the following business contact information for the individual that the securities regulatory authority or regulator may contact with any questions regarding the contents of this report, if different than the individual certifying the report in Item 10.

✓ Same as individual certifying the report

Full legal name				Title	]
	Family name	First given name	Secondary given names	_	-
Name of company					
Telephone number		Er	mail address		]

#### Notice - Collection and use of personal information

The personal information required under this form is collected on behalf of and used by the securities regulatory authority or regulator under the authority granted in securities legislation for the purposes of the administration and enforcement of the securities legislation.

If you have any questions about the collection and use of this information, contact the securities regulatory authority or regulator in the local jurisdiction(s) where the report is filed, at the address(es) listed at the end of this form.

The attached Schedules 1 and 2 may contain personal information of individuals and details of the distribution(s). The information in Schedules 1 and 2 will not be placed on the public file of any securities regulatory authority or regulator. However, freedom of information legislation may require the securities regulatory authority or regulator to make this information available if requested.

By signing this report, the issuer/underwriter confirms that each individual listed in Schedule 1 or 2 of the report who is resident in a jurisdiction of Canada:

- a) has been notified by the issuer/underwriter of the delivery to the securities regulatory authority or regulator of the information pertaining to the individual as set out in Schedule 1 or 2, that this information is being collected by the securities regulatory authority or regulator under the authority granted in securities legislation, that this information is being collected for the purposes of the administration and enforcement of the securities legislation of the local jurisdiction, and of the title, business address and business telephone number of the public official in the local jurisdiction, as set out in this form, who can answer questions about the security regulatory authority's or regulator's indirect collection of the information, and
- b) has authorized the indirect collection of the information by the securities regulatory authority or regulator.

# Schedule 1 must be filed in the format of an Excel spreadsheet in a form acceptable to the securities regulatory authority or regulator.

The information in this schedule will not be placed on the public file of any securities regulatory authority or regulator. However, freedom of information legislation may require the securities regulatory authority or regulator to make this information available if requested.

# a) General information (provide only once)

- 1. Name of issuer
- 2. Certification date (YYYY-MM-DD)

*Provide the following information for each purchaser that participated in the distribution. For each purchaser, create separate entries for each distribution date, security type and exemption relied on for the distribution.* 

# b) Legal name of purchaser

If two or more individuals have purchased a security as joint purchasers, provide information for each purchaser under the columns for family name, first given name and secondary given names, if applicable, and separate the individuals' names with an ampersand. For example, if Jane Jones and Robert Smith are joint purchasers, indicate "Jones & Smith" in the family name column.

- 1. Family name
- 2. First given name
- 3. Secondary given names (if applicable)
- 4. Full legal name of non-individual (if applicable)

# c) Contact information of purchaser

- 1. Residential street address
- 2. Municipality
- 3. Province/State
- 4. Postal code/Zip code
- 5. Country
- 6. Telephone number
- 7. Email address (if available)

# d) Details of securities purchased

- 1. Date of distribution (YYYY-MM-DD)
- 2. Number of securities
- 3. Security code
- 4. Amount paid (Canadian \$)

# e) Details of exemption relied on

- 1. Rule, section and subsection number
- 2. If relying on section 2.3 [Accredited investor] of NI 45-106, provide the paragraph number in the definition of "accredited investor" in section 1.1 of NI 45-106 that applies to the purchaser. (select only one if the purchaser is a permitted client that is not an individual, "NIPC" can be selected instead of the paragraph number)
- 3. If relying on section 2.5 [Family, friends and business associates] of NI 45-106, provide:
  - a. the paragraph number in subsection 2.5(1) that applies to the purchaser (select only one); and
    - b. if relying on paragraphs 2.5(1)(b) to (i), provide:
      - i. the name of the director, executive officer, control person, or founder of the issuer or affiliate of the issuer claiming a relationship to the purchaser. (*Note: if Item 9(a) has been completed, the name of the director, executive officer or control person must be consistent with the name provided in Item 9 and Schedule 2.*)
      - ii. the position of the director, executive officer, control person, or founder of the issuer or affiliate of the issuer claiming a relationship to the purchaser.
- 4. If relying on subsection 2.9(2) or, in Alberta, New Brunswick, Nova Scotia, Ontario, Québec, or Saskatchewan, subsection 2.9(2.1) [Offering memorandum] of NI 45-106 and the purchaser is an eligible investor, provide the paragraph number in the definition of "eligible investor" in section 1.1 of NI 45-106 that applies to the purchaser. (select only one)

# f) Other information

Paragraphs f)1. and f)2. do not apply if any of the following apply:

- (a) the issuer is a foreign public issuer;
- (b) the issuer is a wholly owned subsidiary of a foreign public issuer;
- (c) the issuer is distributing only eligible foreign securities and the distribution is to permitted clients only.
- 1. Is the purchaser a registrant? (Y/N)
- 2. Is the purchaser an insider of the issuer? (Y/N) (not applicable if the issuer is an investment fund)
- 3. Full legal name of person compensated for distribution to purchaser. If a person compensated is a registered firm, provide the firm NRD number only. (*Note: the names must be consistent with the names of the persons compensated as provided in Item 8.*)

# **INSTRUCTIONS FOR SCHEDULE 1**

Any securities issued as payment for commissions or finder's fees must be disclosed in Item 8 of the report, not in Schedule 1.

**Details of exemption relied on** – When identifying the exemption the issuer relied on for the distribution to each purchaser, refer to the rule, statute or instrument in which the exemption is provided and identify the specific section and, if applicable, subsection or paragraph. For example, if the issuer is relying on an exemption in a National Instrument, refer to the number of the National Instrument, and the subsection or paragraph number of the specific provision. If the issuer is relying on an exemption in a local blanket order, refer to the blanket order by number.

For exemptions that require the purchaser to meet certain characteristics, such as the exemption in section 2.3 [*Accredited investor*], section 2.5 [*Family, friends and business associates*] or subsection 2.9(2) or, in Alberta, New Brunswick, Nova Scotia, Ontario, Québec, or Saskatchewan, subsection 2.9(2.1) [*Offering memorandum*] of NI 45-106, provide the specific paragraph in the definition of those terms that applies to each purchaser.

**Reports filed under paragraph 6.1(1)(j)** [*TSX Venture Exchange offering*] of NI 45-106 – For reports filed under paragraph 6.1(1)(j) [*TSX Venture Exchange offering*] of NI 45-106, Schedule 1 must list the total number of purchasers by jurisdiction only, and is not required to include the name, residential address, telephone number or email address of the purchasers.

# SCHEDULE 2 TO FORM 45-106F1 (CONFIDENTIAL DIRECTOR, EXECUTIVE OFFICER, PROMOTER AND CONTROL PERSON INFORMATION)

# Schedule 2 must be filed in the format of an Excel spreadsheet in a form acceptable to the securities regulatory authority or regulator.

Complete the following only if Item 9(a) is required to be completed. This schedule also requires information to be provided about control persons of the issuer at the time of the distribution.

The information in this schedule will not be placed on the public file of any securities regulatory authority or regulator. However, freedom of information legislation may require the securities regulatory authority or regulator to make this information available if requested.

# a) General information (provide only once)

- 1. Name of issuer
- 2. Certification date (YYYY-MM-DD)

#### b) Business contact information of Chief Executive Officer (if not provided in Item 10 or 11 of report)

- 1. Email address
- 2. Telephone number

#### c) Residential address of directors, executive officers, promoters and control persons of the issuer

Provide the following information for each individual who is a director, executive officer, promoter or control person of the issuer at the time of the distribution. If the promoter or control person is not an individual, provide the following information for each director and executive officer of the promoter and control person. (Note: names of directors, executive officers and promoters must be consistent with the information in Item 9 of the report, if required to be provided.)

- 1. Family name
- 2. First given name
- 3. Secondary given names
- 4. Residential street address
- 5. Municipality
- 6. Province/State
- 7. Postal code/Zip code
- 8. Country
- 9. Indicate whether the individual is a control person, or a director and/or executive officer of a control person (*if applicable*)

#### d) Non-individual control persons (if applicable)

*If the control person is not an individual, provide the following information. For locations within Canada, state the province or territory, otherwise state the country.* 

- 1. Organization or company name
- 2. Province or country of business location

#### **Questions:**

Refer any questions to:

#### **Alberta Securities Commission**

Suite 600, 250 – 5th Street SW Calgary, Alberta T2P 0R4 Telephone: 403-297-6454 Toll free in Canada: 1-877-355-0585 Facsimile: 403-297-2082 Public official contact regarding indirect collection of information: FOIP Coordinator

#### **British Columbia Securities Commission**

P.O. Box 10142, Pacific Centre 701 West Georgia Street Vancouver, British Columbia V7Y 1L2 Inquiries: 604-899-6854 Toll free in Canada: 1-800-373-6393 Facsimile: 604-899-6581 Email: FOI-privacy@bcsc.bc.ca Public official contact regarding indirect collection of information: FOI Inquiries

#### The Manitoba Securities Commission

500 – 400 St. Mary Avenue Winnipeg, Manitoba R3C 4K5 Telephone: 204-945-2561 Toll free in Manitoba: 1-800-655-5244 Facsimile: 204-945-0330 Public official contact regarding indirect collection of information: Director

# Financial and Consumer Services Commission (New Brunswick)

85 Charlotte Street, Suite 300 Saint John, New Brunswick E2L 2J2 Telephone: 506-658-3060 Toll free in Canada: 1-866-933-2222 Facsimile: 506-658-3059 Email: info@fcnb.ca Public official contact regarding indirect collection of information: Chief Executive Officer and Privacy Officer

#### Government of Newfoundland and Labrador Financial Services Regulation Division

P.O. Box 8700 Confederation Building 2nd Floor, West Block Prince Philip Drive St. John's, Newfoundland and Labrador A1B 4J6 Attention: Director of Securities Telephone: 709-729-4189 Facsimile: 709-729-6187 Public official contact regarding indirect collection of information: Superintendent of Securities Office of the Superintendent of Securities P.O. Box 1320 Yellowknife, Northwest Territories X1A 2L9 Telephone: 867-767-9305 Facsimile: 867-873-0243 Public official contact regarding indirect collection of information: Superintendent of Securities

#### **Nova Scotia Securities Commission**

Suite 400, 5251 Duke Street Duke Tower P.O. Box 458 Halifax, Nova Scotia B3J 2P8 Telephone: 902-424-7768 Facsimile: 902-424-4625 Public official contact regarding indirect collection of information: Executive Director

#### **Government of Nunavut**

Department of Justice Legal Registries Division P.O. Box 1000, Station 570 1st Floor, Brown Building Iqaluit, Nunavut XOA 0H0 Telephone: 867-975-6590 Facsimile: 867-975-6594 Public official contact regarding indirect collection of information: Superintendent of Securities

#### **Ontario Securities Commission**

20 Queen Street West, 22nd Floor Toronto, Ontario M5H 3S8 Telephone: 416-593-8314 Toll free in Canada: 1-877-785-1555 Facsimile: 416-593-8122 Email: exemptmarketfilings@osc.gov.on.ca Public official contact regarding indirect collection of information: Inguiries Officer

#### **Prince Edward Island Securities Office**

95 Rochford Street, 4th Floor Shaw Building P.O. Box 2000 Charlottetown, Prince Edward Island C1A 7N8 Telephone: 902-368-4569 Facsimile: 902-368-5283 Public official contact regarding indirect collection of information: Superintendent of Securities

Autorité des marchés financiers

800, rue du Square-Victoria, 22e étage C.P. 246, tour de la Bourse Montréal, Québec H4Z 1G3 Telephone: 514-395-0337 or 1-877-525-0337 Facsimile: 514-873-6155 (For filing purposes only) Facsimile: 514-864-6381 (For privacy requests only) Email: financementdessocietes@lautorite.qc.ca (For corporate finance issuers); fonds\_dinvestissement@lautorite.qc.ca (For investment fund issuers) Public official contact regarding indirect collection of information: Corporate Secretary

#### Financial and Consumer Affairs Authority of Saskatchewan

Suite 601 - 1919 Saskatchewan Drive Regina, Saskatchewan S4P 4H2 Telephone: 306-787-5842 Facsimile: 306-787-5899 Public official contact regarding indirect collection of information: Director

# Office of the Superintendent of Securities Government of Yukon

Department of Community Services 307 Black Street, 1st Floor P.O. Box 2703, C-6 Whitehorse, Yukon Y1A 2C6 Telephone: 867-667-5466 Facsimile: 867-393-6251 Email: securities@gov.yk.ca Public official contact regarding indirect collection of information: Superintendent of Securities