



**VIA ELECTRONIC TRANSMISSION**

October 20, 2016

**TO ALL APPLICABLE EXCHANGES AND COMMISSIONS:**

**RE: QUIKFLO HEALTH INC  
Confirmation of Notice of Record and Meeting Dates**

---

We are pleased to confirm that Notice of Record and Meeting Dates was sent to The Canadian Depository for Securities.

We advise the following with respect to the upcoming Annual General and Special Meeting of Security Holders for the subject issuer:

1	ISIN:	CA74840V1004
	CUSIP:	74840V100
2	Date Fixed for the Meeting:	December 19, 2016
3	Record Date for Notice:	November 14, 2016
4	Record Date for Voting:	November 14, 2016
5	Beneficial Ownership Determination Date:	November 14, 2016
6	Classes or Series of Securities that entitle the holder to receive Notice of the Meeting:	COMMON
7	Classes or Series of Securities that entitle the holder to vote at the meeting:	COMMON
8	Business to be conducted at the meeting:	Annual General and Special
9	Notice-and-Access:	
	Registered Shareholders:	NO
	Beneficial Holders:	NO
	Stratification Level:	Not Applicable
10	Reporting issuer is sending proxy-related materials directly to Non-Objecting Beneficial Owners:	YES
11	Issuer paying for delivery to Objecting Beneficial Owners:	YES

Yours truly,  
**TSX Trust Company**

" Patricia Selby "  
Senior Relationship Manager  
Patricia.Selby@tmx.com

200 University Ave., Suite 300, Toronto, Ontario, M5H 4H1

[www.tsxtrust.com](http://www.tsxtrust.com)