



VIA ELECTRONIC TRANSMISSION

December 6, 2016

TO ALL APPLICABLE EXCHANGES AND COMMISSIONS:

RE: QUIKFLO HEALTH INC

We are pleased to confirm that copies of the following proxy-related materials were mailed on December 5, 2016 to the registered shareholders and the Non-Objecting Beneficial Owners ("NOBO"):

- 1 Proxy with Request for Financial Statements - Registered Shareholders
- 2 Voting Instruction Form with Request for Financial Statements - NOBOs
- 3 Notice of Meeting and Management Information Circular
- 4 Financial Statements and Management's Discussion and Analysis - Registered Shareholders
- 5 Proxy Return Envelope

Yours truly,
TSX Trust Company

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