

FLOW METALS CORP.

810 – 789 West Pender Street
Vancouver, BC V6C 1H2
Tel.: (604) 687-2038 Fax.: (604) 687-3141

FORM 51-102F1

MANAGEMENT DISCUSSION AND ANALYSIS (MD&A) AS OF NOVEMBER 14, 2019 TO ACCOMPANY THE FINANCIAL STATEMENTS OF FLOW METALS CORP. (THE “COMPANY”) FOR THE YEAR ENDED JULY 31, 2019.

The following Management’s Discussion and Analysis (“MD&A”) should be read in conjunction with the financial statements of the Company for the year ended July 31, 2019, which were prepared in accordance with International Financial Reporting Standards (“IFRS”). All financial amounts are stated in Canadian currency unless stated otherwise.

This MD&A contains certain forward-looking statements based on the best beliefs, and reasonable assumptions of the management of the Company. There are many risks and uncertainties attached to the mineral exploration business. Given these risks and uncertainties, the reader should not place undue reliance on these forward-looking statements. (See “Risks and Uncertainties” in this MD&A for more information).

Overview of the Year Ended July 31, 2019

On September 17, 2018, the Company closed a statutory plan of arrangement to spin-out the Go Metals’ New Brenda Property to the Company (the “Arrangement”). Under the terms of the arrangement, the Company issued 9,767,234 common shares to Go Metals based on one Flow Metals share being issued for every six issued and outstanding common shares of Go Metals. Outstanding warrants and stock options to purchase Go Metals’ shares will be exercisable to acquire Flow Metals shares as well as Go Metals’ shares on the basis that the holder will receive, upon exercise, one Flow Metals share for every six shares of Go Metals acquired.

On November 8, 2018, upon exercise of Go Metals’ options and warrants, the Company issued 158,331 common shares of the Company to the shareholders of Go Metals pursuant to the Arrangement.

On March 23, 2019, the Company signed an option agreement with three optionors to acquire a 100% interest in the Sixty Mile Property located in Yukon Territory, Canada. For consideration, the Company is required to make total cash payments of \$120,000 and issue 1,200,000 common shares staged over a 48 month period. The option agreement does not require the Company to make any minimum amount of exploration expenditures. Upon completion of these payments, the Company will earn a 100% interest in the property (“Earn-In”) subject to a 3% NSR royalty retained by the optionors. At any time, the Company shall have the option to acquire 2% of the 3% NSR by paying \$1,000,000 per 1% to the optionors. In addition, the Company is required to pay an advance royalty of \$30,000 to the optionors one year following the Earn-In and annually thereafter on the Earn-In anniversary date, until the mineral claims are in commercial production which the advance royalty payments shall be deducted from the Optionors’ share of the NSR. The Company can elect to issue common shares in substitution for such cash payment at a deemed value equal to the most recent closing price of the Company’s shares on the Canadian Securities Exchange.

On June 14, 2019, the Company closed a non-brokered private placement with the issuance of 4,000,000 units at \$0.05 per unit for gross proceeds of \$200,000. Each unit consist of one common share and one share purchase warrant. Each warrant entitles the holder to purchase an additional share for \$0.10 per share for a period of two years from closing.

Overall Performance and Description of Business

The Company is an exploration stage company located at Suite 810, 789 West Pender Street, Vancouver, British Columbia, Canada V6C 1H2, engaged in the acquisition, exploration and development of mineral resource properties located in Canada.

FLOW METALS CORP.

Further to the spin-out of the New Brenda Property from Go Metals to Flow Metals as described above, the Company will be a junior mineral exploration company focused on copper and gold exploration projects in Canada. Its primary focus will be exploration of the New Brenda Property located in Southern British Columbia approximately 40km west of Kelowna, British Columbia.

The Company will be managed by Go Metals' current team of officers and its Board of Directors will initially be comprised of the same individuals as Go Metals' board.

Results of Operations

Selected Annual Information

Year/Period Ended:	July 31, 2019	July 31, 2018
Financial Results:		
Exploration expenses	\$ 30,562	\$ -
Net loss for the year	(92,383)	(5,681)
Basic and diluted income (loss) per share	(0.01)	(56.81)
Balance Sheet Data:		
Cash	\$ 94,563	\$ -
Total assets	472,862	-
Accounts payable and accrued liabilities	37,582	5,676
Due to related parties	17,594	-
Shareholders' equity (deficiency)	\$ 417,686	\$ (5,676)
Cash Flow Data:		
Increase in cash for the year	\$ 94,563	\$ -

The Company did not have any sales, discontinued operations, extraordinary items, and cash dividends during the period from the date of incorporation on July 11, 2018 to July 31, 2019.

Results of Operations – For the three months ended July 31, 2019

For the three months ended July 31, 2019, the Company incurred a net loss of \$48,159. Significant expenses included exploration expenses of \$30,562 mainly on the New Brenda property, audit and accounting fees of \$6,000 and management fees of \$8,000 mainly related to general administrative activities. There were no other significant expenses for the period.

For the period from the date of incorporation on July 11, 2018 to July 31, 2018, the Company incurred a net loss of \$5,681. Significant expenses included audit and accounting fees of \$3,838; consulting fees of \$1,837 related to the Arrangement and the spin-out transaction of the New Brenda Property from Go Metals. There were no other significant expenses for the period.

Results of Operations – For the year ended July 31, 2019

For the year ended July 31, 2019, the Company incurred a net loss of \$92,383. Significant expenses included exploration expenses of \$30,562 primarily on the New Brenda property, audit and accounting fees of \$20,813, management fees of \$15,588, consulting fees of \$12,750, and transfer agent and filing fees of \$6,849 mainly related to the Arrangement, the spin-out transaction of the New Brenda Property from Go Metals and acquisition of the Sixty Mile Property. There were no other significant expenses for the year.

For the period from the date of incorporation on July 11, 2018 to July 31, 2018, the Company incurred a net loss of \$5,681. Significant expenses included audit and accounting fees of \$3,838; consulting fees of \$1,837 related to the Arrangement and the spin-out transaction of the New Brenda Property from Go Metals. There were no other significant expenses for the period.

Summary of Quarterly Results:

2019/18 Quarterly Results:	4th Quarter	3rd Quarter	2nd Quarter	1st Quarter
Revenue	\$ -	\$ -	\$ -	\$ -
Loss and comprehensive loss	(48,159)	(16,333)	(11,468)	(16,423)
Basic and diluted loss per share	(0.00)	(0.00)	(0.00)	(0.00)
Total assets	472,862	392,903	332,350	326,246
Working capital	41,936	95	(33,572)	(22,104)
2018 Quarterly Results:	4th Quarter			
Revenue	\$ -	\$ -		
Loss and comprehensive loss	(5,681)			
Basic and diluted loss per share	(56.81)			
Total assets	-			
Working capital	(5,676)			

The Company was incorporated on July 11, 2018. There are no meaningful comparison and discussion of quarterly results.

Project Summaries and Activities**CANADA*****New Brenda Property (British Columbia)***

On September 17, 2018, the Company acquired the New Brenda Property from Go Metals pursuant to the Arrangement.

The New Brenda Property is comprised of 16 contiguous mineral claims covering an area of 10,500 Hectares west of the past producing Brenda Cu-Mo open pit located in southern British Columbia, approximately 40 kilometers west of Kelowna. The property is readily vehicle accessible via a well developed network of forest service roads connected to Highway 97c or from the community of Peachland.

A soil sampling and prospecting program was carried out in June 2017 on the Property. The areas sampled were within Twilight and Silverback Zones. Soil samples were collected every 50m along lines spaced at 200m. Three contiguous samples from the Twilight Zone are highly anomalous in gold and occur in the central portion of the target area. There is also a E-W trending line of moderately anomalous samples extending from the central highly anomalous area to the west of the target area. At the south end of the target is an inverted "U" shaped series of highly anomalous soil samples. The large target (600m X 500m) remains open to the south.

Sixty Mile Property (Yukon Territory)

On March 23, 2019, the Company signed an option agreement with three optionors to acquire a 100% interest in the Sixty Mile Property located in Yukon Territory, Canada.

Sixty Mile is an orogenic gold prospect hosted within the Mesozoic Finlayson Group with similar geology to the Jurassic Golden Saddle Deposit in the White Gold District. 160 Quartz Claims total 3132 Ha and cover 5 km of prospective strike length. The so-called Thrust Fault Zone was tested by 8 DDH (2,578m) in 2010-2011 by Rackla Metals Inc., the last company to run an active exploration program.

Dan Meldrum, M.Sc. P.Geo, author of the Technical Report is the Qualified Person, in accordance with the NI 43-101 of the Canadian Securities Administrators, and is responsible for the technical content of this press release.

New Opportunities

The Company continues to evaluate mineral properties and is focused on deposits in Canada with economic merit and good logistics will be considered for acquisition.

Outstanding Share Data

The Company has an authorized share capital of an unlimited number of common shares.

As at the date of this report, 14,225,565 common shares were issued and outstanding. In addition, the Company has 4,000,000 share purchase warrants exercisable at \$0.10 per share until June 12, 2021.

On September 10, 2018, the B.C. Supreme Court approved the Arrangement effective for September 17, 2018 (the "Effective Date"). Under the terms of the Arrangement, Flow Metals issued 9,767,234 common shares to Go Metals based on one Flow Metals share being issued for every six issued and outstanding common shares of the Go Metals as of the Effective Date.

On November 8, 2018, the Company issued 158,331 common shares at a deemed value of \$0.03 per share to shareholders of Go Metals upon exercise of Go Metals' stock options and warrants, pursuant to the Arrangement.

Related Party Transactions

During the year ended July 31, 2019, management fees of \$6,000 were paid/accrued to a company controlled by the Chief Executive Officer and director of the Company.

During the period from the date of incorporation on July 11, 2018 to July 31, 2018, the Company did not compensate its officers and directors.

As at July 31, 2019, the Company had an amount owing of \$6,296 (2018 - \$Nil) to the Chief Executive Officer of the Company. This amount is non-interest bearing, unsecured and repayable on demand.

As at July 31, 2019, the Company had an amount owing of \$11,298 (2018 - \$Nil) to Go Metals, a company with certain management and directors in common. This amount is non-interest bearing, unsecured and repayable on demand.

Liquidity and Solvency

The following table summarizes the Company's cash on hand, working capital and cash flow:

As at	July 31, 2019		July 31, 2018	
Cash	\$	94,563	\$	-
Working capital		41,936		(5,676)
Period Ended	July 31, 2019		July 31, 2018	
Cash used in operating activities	\$	(45,431)	\$	(6)
Cash used in investing activities		(30,000)		-
Cash provided by financing activities		169,994		6
Change in cash	\$	94,563	\$	-

FLOW METALS CORP.

The Company is dependent on the sale of treasury shares to finance its exploration activities, property acquisition payments and general and administrative costs. The Company will have to raise additional funds in the future to continue its operations. There can be no assurance, however, that the Company will be successful in its efforts. If such funds are not available or other sources of financing cannot be obtained, then the Company will be forced to curtail its activities.

Capital Resources

The Company has no operations that generate cash flow and its long term financial success is dependent on discovering properties that contain mineral reserves that are economically recoverable. The Company's primary capital asset is a resource property. Exploration expenditures are expensed as incurred.

The Company depends on equity sales to finance its exploration programs and to cover administrative expenses.

Off-Balance Sheet Arrangements

The Company does not utilize off-balance sheet transactions.

Proposed Transactions

There are no other proposed transactions that will materially affect the performance of the Company.

Accounting Policies

The accounting policies and methods employed by the Company determine how it reports its financial condition and results of operations, and may require management to make judgements or rely on assumptions about matters that are inherently uncertain. The Company's results of operations are reported using policies and methods in accordance with IFRS. In preparing financial statements in accordance with IFRS, management is required to make estimates and assumptions that affect the reported amounts of assets, liabilities, revenues and expenses for the period. Management reviews its estimates and assumptions on an ongoing basis using the most current information available.

Critical Accounting Estimates

The Company prepares its financial statements in accordance with IFRS, which require management to estimate various matters that are inherently uncertain as of the date of the financial statements. Accounting estimates are deemed critical when a different estimate could have reasonably been used or where changes in the estimate are reasonably likely to occur from period to period, and would materially impact the Company's financial statements. The Company's significant accounting policies are discussed in the financial statements. Critical estimates in these accounting policies are discussed below.

Environmental Rehabilitation Provision

The Company recognizes the fair value of a liability for environmental rehabilitation in the period in which the Company is legally or constructively required to remediate, if a reasonable estimate of fair value can be made, based on an estimated future cash settlement of the environmental rehabilitation obligation, discounted at a pre-tax rate that reflects the current market assessments of the time value of money and the risks specific to the obligation. The environmental rehabilitation obligation is capitalized as part of the carrying amount of the associated long-lived asset and a liability is recorded. The environmental rehabilitation cost is amortized on the same basis as the related asset. The liability is adjusted for the accretion of the discounted obligation and any changes in the amount or timing of the underlying future cash flows. Significant judgments and estimates are involved in forming expectations of the amounts and timing of environmental rehabilitation cash flows.

Changes in Accounting Standards

IFRS 9 *Financial Instruments* ("IFRS 9") is part of the IASB's wider project to replace IAS 39 - Financial Instruments: Recognition and Measurement. IFRS 9 retains but simplifies the mixed measurement model and establishes two primary measurement categories for financial assets: amortized cost and fair value. The basis of classification depends on the entity's business model and the contractual cash flow characteristics of the financial asset. The standard is effective for annual periods beginning on or after January 1, 2018, with early adoption permitted. The adoption of IFRS 9 did not have a material impact on the Company's financial statements.

On May 28, 2014, the IASB issued IFRS 15 *Revenue from Contracts with Customers* ("IFRS 15"). IFRS 15 deals with revenue recognition and establishes principles for reporting useful information to users of financial statements about the nature, amount, timing and uncertainty of revenue and cash flows arising from an entity's contracts with customers. Revenue is recognized when a customer obtains control of a good or service and thus has the ability to direct the use and obtain the benefits from the goods or services. The standard replaces IAS 18 Revenue and IAS 11 Construction contracts and related interpretations. IFRS15 is effective for reporting periods beginning on or after January 1, 2018 with early application permitted. The adoption of IFRS 15 did not have a material impact on the Company's financial statements.

Future Changes in Accounting Standards

In June 2016, the IASB issued IFRS 16 *Leases* ("IFRS 16"). IFRS 16 establishes principles for the recognition, measurement, presentation and disclosure of leases, with the objective of ensuring that lessees and lessors provide relevant information that faithfully represents those transactions. IFRS 16 substantially carries forward the lessor accounting requirements in IAS 17. Accordingly, a lessor continues to classify its leases as operating leases or finance leases, and to account for those two types of leases differently. However, lessees are no longer classifying leases as either operating leases or finance leases as it is required by IAS 17. The standard is effective for annual periods beginning on or after January 1, 2019. The Company is currently evaluating the impact the final standard is expected to have on its financial statements.

Financial Instruments

Designation and Valuation of Financial Instruments

The Company's financial instruments consist of accounts payable and due to related parties. Accounts payable and due to related parties are classified as other financial liabilities, and recorded at amortized cost using the effective interest rate method. The Company does not hold any derivative financial instruments.

As at July 31, 2019, the fair values of accounts payable and due to related parties approximate their carrying values due to the relatively short-term maturity of these instruments.

Risks

Foreign exchange risk

The Company's functional and reporting currency is the Canadian dollar and major purchases are transacted in Canadian dollars. As a result, the Company's exposure to foreign currency risk is minimal.

Credit risk

Credit risk is the risk of financial loss to the Company if a customer or counterparty to a financial instrument fails to meet its contractual obligations. The Company has not experienced any significant credit losses and believes it is not exposed to any significant credit risk.

FLOW METALS CORP.

Interest rate risk

Interest rate risk is the risk the fair value or future cash flows of a financial instrument will fluctuate because of changes in market interest rates. Financial assets and liabilities with variable interest rates expose the Company to cash flow interest rate risk. The Company does not hold any financial liabilities with variable interest rates. The Company does not believe it is currently subject to any significant interest rate risk.

Liquidity risk

Liquidity risk is the risk that the Company will not be able to meet its financial obligations as they fall due. The Company currently settles its financial obligations out of cash. The ability to do this relies on the Company raising equity financing in a timely manner and by maintaining sufficient cash in excess of anticipated needs. Management and the Board of Directors are actively involved in the review, planning and approval of significant expenditures and commitments.

Price risk

The Company is exposed to price risk with respect to commodity prices. The Company's ability to raise capital to fund exploration and development activities is subject to risks associated with fluctuations in the market price of commodities. The Company is not exposed to any significant price risk.

Risks and Uncertainties

The Company's principal activity is mineral exploration and development. Companies in this industry are subject to many and varied kinds of risk, including but not limited to, environmental, metal prices, political and economical.

The mineral exploration business is risky and most exploration projects will not become mines. The Company may offer an opportunity to a mining company to acquire an interest in a property in return for funding all or part of the exploration and development of the property. For the funding of property acquisitions and exploration that the Company conducts, the Company depends on the issue of shares from the treasury to investors. These stock issues depend on numerous factors including a positive mineral exploration environment, positive stock market conditions, a company's track record and the experience of management.

The Company has no significant source of operating cash flow and no revenues from operations. The Company has not yet determined whether its mineral property contains mineral reserves that are economically recoverable. The Company has limited financial resources. Substantial expenditures are required to be made by the Company to establish reserves.

There is no guarantee that the Company will be able to contribute or obtain all necessary resources and funds for the exploration and exploitation of its permits, and may fail to meet its exploration commitments.

Mineral exploration involves a high degree of risk and few properties, that are explored, are ultimately developed into producing mines.

Exploration of the Company's mineral property may not result in any discoveries of commercial bodies of mineralization. If the Company's efforts do not result in any discovery of commercial mineralization, the Company will be forced to look for other exploration projects or cease operations.

The Company is subject to the laws and regulations relating to environmental matters in all jurisdictions in which it operates, including provisions relating to property reclamation, discharge of hazardous material and other matters.

Financial and Disclosure Controls and Procedures

During the year ended July 31, 2019, there has been no significant change in the Company's internal control over financial reporting since last year.

The Chief Executive Officer and Chief Financial Officer of the Company are responsible for establishing and maintaining appropriate information systems, procedures and controls to ensure that information used internally and disclosed externally is complete, reliable and timely. They are also responsible for establishing adequate internal controls over financial reporting to provide sufficient knowledge to support the representations made in this MD&A and the Company's financial statements of the Company for the year ended July 31, 2019.

The Chief Executive Officer and Chief Financial Officer of the Company have filed the Venture Issuer Basic Certificate with the Interim and Annual Filings on SEDAR at www.sedar.com.

In contrast to the certificate required for non-venture issuers under National Instrument 52-109 Certification of Disclosure in Issuers' Annual and Interim Filings ("NI 52-109"), the venture issuer basic certificate does not include representations relating to the establishment and maintenance of disclosure controls and procedures ("DC&P") and internal control over financial reporting ("ICFR"), as defined in NI 52-109. Investors should be aware that inherent limitations on the ability of certifying officers of a venture issuer to design and implement on a cost effective basis DC&P and ICFR as defined in NI 52-109 may result in additional risks to the quality, reliability, transparency, and timeliness of interim and annual filings and other reports provided under securities legislation.

Other

Additional information relating to the Company's operations and activities can be found by visiting the www.sedar.com.

Trends

Trends in the industry can materially affect how well any junior exploration company is performing and by the capital markets which have made the raising of finance difficult. Under the current economic conditions, the Company is advancing its property as quickly as possible while still remaining prudent when considering large cost items such as drilling and geophysics.

Outlook

The outlook for precious metals is good. The capital markets are prospect for financing the Company's are challenging but management believes the Company will continue as a viable entity. The Property will require significant investment as it transitions into development stage projects.

Cautionary Statement

This document contains "forward-looking statements" within the meaning of applicable Canadian securities regulations. All statements other than statements of historical fact herein, including, without limitation, statements regarding exploration plans and our other future plans and objectives are forward-looking statements that involve various risks and uncertainties. Such forward-looking statements include, without limitation, (i) estimates of exploration investment and scope of exploration programs, and (ii) estimates of stock-based compensation expense. There can be no assurance that such statements will prove to be accurate, and future events and actual results could differ materially from those anticipated in such statement. Important factors that could cause actual results to differ materially from our expectations are disclosed in the Company's documents filed from time to time via SEDAR with the Canadian regulatory agencies to whose policies we are bound. Forward-looking statements are based on the estimates and opinions of management on the date of statements are made, and the Company endeavours to update corporate information and material facts on a timely basis. Forward-looking statements are subject to risks, uncertainties and other actors, including risks associated with mineral exploration, price volatility in the mineral commodities we seek, and operational and political risks.