

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Silo Wellness Inc, (the "Issuer").

Trading Symbol: SILO

Number of Outstanding Listed Securities: 35,498,874

Date: February 4, 2023

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced and non-promotional.

General Instructions

- (a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.
- (b) The term "Issuer" includes the Issuer and any of its subsidiaries.
- (c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

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.

The Issuer is continuing with sales of psychedelic retreats in Jamaica, as well as in the planning stage for Oregon psilocybin under BM 109.

On September 27, 2022 the Issuer announced its execution of a definitive agreement to acquire 100% of Dyscovry Science and its psilocybin pharmaceutical

biosynthesis and research portfolio. 49% of the issuer or 12,762,325 common shares of the Issuer were issued to the shareholders of Dyscovry on October 17, 2022.

On January 12, 2023, the Issuer announced, the Company executed a binding term sheet with a well-financed property developer with a rural real estate holding within one hour of the Portland airport in a county that did not opt out of Ballot Measure 109 nor did the county yet adopt any new land use restrictions for psilocybin properties. The parties intend to license and market a psilocybin service center and lodging at the site. The parties intend to create a joint venture entity with equal ownership interests to pursue and own any psilocybin licenses and to operate the property's psilocybin interests. The length of the term is five years unless the parties agree to terminate early. The parties further intend to negotiate purchase terms for the real estate or otherwise roll up the opportunities into a public deal. See the previous [press release](#) for more details.

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

Management of the Issuer is focusing on scaling its Jamaican psychedelic retreats in preparation for using its model in Oregon. The company has discontinued its business development activities regarding new potential Marley One product partners due to termination of the licensing agreement (see below).

The Company announced a financing commitment of CAD\$5,950,000 in convertible debentures through Alpha Blue Ocean (ABO), who is supporting the Company's growth. The Company entered into a subscription agreement with Global Tech Opportunities 14, an investment fund managed by Alpha Blue Ocean. The details were set forth in the press release and the material contract was uploaded to SEDAR. The previously-announced Orthogonal Thinker financing commitment has been cancelled.

Alpha Blue Ocean tendered the first tranche of funding, pursuant to the agreement. Thereafter, ABO provided the following conversion notices and converted the following principal amounts of the debts in CAD\$ into shares (The shares issued and shares outstanding info of the Issuer were after 20 to 1 consolidation basis).

Date	Description	Amount	shares issued
2022-04-22	Shares to ABO CN1#1 at \$1 a share	\$10,000	10,000
2022-05-06	Shares to ABO CN1#2 at \$1 a share	\$50,000	50,000
2022-05-17	Shares to ABO CN1#3 \$1 a share	\$100,000	100,000
2022-06-03	Shares to ABO CN1#4 \$1 a share	\$200,000	200,000
2022-06-16	Shares to ABO CN1#5 \$1 a share	\$140,000	140,000

On June 22, 2022 the Issuer received a notice from ABO to subscribe for the second and the third tranche of the debentures. CAD\$350,000 of the make-whole amount balance was be used to reduce the amount payable for the second and

the third tranche. \$850,000 principal amount of debt was issued to ABO on the second and third tranches. ABO later converted all the CAD\$850,000 principal amounts of debts into common shares of the Company by the following notices:

			consolidated
Date	Description	Amount	shares issued
2022-07-05	Shares to ABO CN2#1 \$0.08 a share	\$50,000	625,000
2022-07-21	Shares to ABO CN2#2 \$0.05 a share	\$50,000	1,000,000
2022-08-04	Shares to ABO CN2#3 \$0.08 a share	\$100,000	1,250,000
2022-08-09	Shares to ABO CN2#4 \$0.05 a share	\$100,000	2,000,000
2022-08-17	Shares to ABO CN2#5 \$0.05 a share	\$75,000	1,500,000
2022-08-23	Shares to ABO CN2#6 \$0.05 a share	\$50,000	1,000,000
2022-09-06	Shares to ABO CN2#7 \$0.05 a share	\$75,000	1,500,000
2022-10-19	Shares to ABO CN3#1	\$200,000	4,000,000
2022-10-31	Shares to ABO CN3#1	\$150,000	3,000,000

According to the agreement with ABO, as filed on SEDAR and disclosed in the company's unaudited condensed interim consolidated financial statements filed on SEDAR for the period ended April 30, 2022, after the notices of conversions, the Issuer had a make-whole amount liability of CAD\$986,650 on the completion of the conversion of tranche 1, 2 and 3. ABO is required to dispose the shares it acquired in earlier conversions so that any conversion would not result into ABO holding more than 20% of the Company.

On December 22, 2022, the Issuer and the Investor has agreed to an amendment to the Subscription Agreement, to set a floor on the convertible debt of the next tranche at the greater of CAD\$0.01 or 20-day VWAP rather than the initially contracted make-whole amount formula.

On December 23, 2022, ABO has subscribed for the tranche 4 debentures of CAD\$350,000 by paying consideration of cash of CAD\$50,000 and CAD\$247,500 by way of set off against the CAD\$986,650 make whole amount.

On January 20, 2023, ABO has converted CAD\$10,000 of the tranche 4 debentures into 819,672 common shares of the Company.

On June 9, 2022 the Issuer has entered into a Separation Agreement with its former CEO Douglas Gordon on his departing. Mike Arnold replaced Douglas Gordon as new CEO of the Issuer.

On September 27, 2022 the Issuer announced its execution of a definitive agreement to acquire 100% of Dyscovry Science and its psilocybin pharmaceutical biosynthesis and research portfolio. 49% of the issuer or 12,762,325 common shares of the Issuer were issued to the shareholders of Dyscovry on October 17, 2022. Currently the issuer is negotiating a continuation of the government contract and payment terms for release of past research.

On October 31, 2022, 1,633,640 common shares of the Issuer were issued to a service provider to settle C\$81,682 service fees owing.

On October 26, 2022 the Issuer has announced that its wholly-owned subsidiary SW Holdings, Inc.'s ("SWHI") License Agreement with Marley Green, LLC ("Licensor") dated November 20, 2020, has been terminated as of October 24, 2022, by the licensor due to SWHI's failure to pay its guaranteed minimum royalties of USD\$600,000 that were due and owing as of August 15, 2022, and for failure to obtain relevant insurance coverage minimums of USD\$10 million. See press release posted on SEDAR for more information.

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.

Nothing new to report.

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.

Not applicable.

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.

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5. 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.

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6. 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.

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Following the termination, the Issuer offered to the Licensor to liquidate the assets in the subsidiary or otherwise transfer the subsidiary shares to Licensor, but Licensor declined. The Issuer is currently negotiating a sale of all or part of the shares of SWHI to a non-arms-length potential purchaser which potential buyer would take subject to the Licensor's security interests in the assets. This would potentially remove the debt from the Issuer's balance sheet. The assets of the indebted subsidiary are non-income generating and the Issuer estimates it would take USD\$30,000 to \$50,000 in capital to better position the assets for a chance of becoming income generating. In the meantime, the Issuer is open to offers to purchase the patent application position. The purchaser of SWHI may auction off the asset.

7. Describe the acquisition of new customers or loss of customers.

Not applicable.

8. 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.

Not applicable.

9. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

Nothing new in the last thirty days.

10. Report on any labour disputes and resolutions of those disputes if applicable.

Not applicable.

11. 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.

On November 26, 2022, the Company received documents postmarked November 22, 2022, containing a summons for the Superior Court of California, County of Los Angeles, court case number 20VECVO1648 (Arden Silverman v. Silo Wellness, Inc.), filed on October 19, 2022, claiming \$84,000 for breach of contract regarding fees allegedly owed to a consultant. The Company has disputed the extent of the debt owed, which has been reported in debt sums in previous financial statements equal to USD\$118,330. The present status of the legal proceeding: the case has been filed and the Company is attempting to confer with Plaintiff regarding the disputed amount, improper jurisdiction/venue, settlement, etc. This creditor has agreed to accept CAD\$16,080 within the next thirty days for full and final resolution. The issuer has been negotiating with other creditors for cash payments. In total \$301,452.05 has been negotiated for payoff for a total of \$24,941.43 cash. The Issuer will shop this opportunity to interested parties to purchase and convert to stock. In the meantime, the Issuer is in negotiations with creditors representing \$1,769,125 of debt to potentially convert to stock. If all of these efforts described above are successful, the Company could potentially reduce debt to between \$760,000 to \$1,000,000

12. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.

See below in 14.

13. Provide details of any securities issued and options or warrants granted.

See above in 2. The shares issued are after consolidation of 20 to 1 basis.

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

All proceeds were used for working capital of the Company.

14. Provide details of any loans to or by Related Persons.

Not applicable.

15. Provide details of any changes in directors, officers or committee members.

On October 11, 2022, Winfield Yongbiao Ding resigned from the board and Mr. Gerard Lee, President of Dyscovry, joined as a board member.

The current board of directors are:

Mike Arnold, Director, President and CEO (Audit Committee)

Gerard Lee, Director

Greg Biniowsky, Director (Independent/Audit Committee)

Simon Bababeygy, Director (Independent/Audit Committee)

Michael Hartman, Director

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

As a junior company in the emerging psychedelic sector, there are various trends that would impact the Issuer. Please refer to the listing statement of the Issuer filed under the Issuer's profile on both the website of the CSE and www.SEDAR.com.

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 3, 2023.

Mike Arnold
Name of Director or Senior
Officer

signed "Mike Arnold"
Signature
President
Official Capacity

Issuer Details Name of Issuer Silo Wellness Inc.	For Month January 2023	Date of Report YY/MM/D 23/02/03
Issuer Address 200 Consumers Road Suite 702		
City/Province/Postal Code Toronto, ON M2J 4R4	Issuer Fax No. N/A	Issuer Telephone No. 541-900-5871
Contact Name Mike Arnold	Contact Position President	Contact Telephone No. 541-900-5871
Contact Email Address mike at silo wellness dot com	Web Site Address_ www.silowellness.com	