FORM 7

MONTHLY PROGRESS REPORT

Name of CNSX Issuer: **Restart Life Sciences Corp.** (“the “Issuer”).

Trading Symbol: **HEAL**

Number of Outstanding Listed Securities: **62,356,542**

Date: **August 5, 2026 (for the month ended July 31, 2026)**

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 centered on identifying, acquiring, and scaling functional health and wellness brands that address evolving consumer needs. By combining rigorous scientific research, certified manufacturing infrastructure, and data-driven marketing, the Issuer is building a diversified portfolio positioned for sustainable growth. See Item 2 below for the Issuer’s business and operations over the month of July 2026.

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

   During the month of July 2026, management continued the integration and development of the business acquired through the acquisition of Holy Crap Foods Inc. Management also continued to carry out the Issuer’s corporate and administrative activities.

   On July 2, the Issuer announced its preliminary, unaudited financial results for the month of June 2026 regarding its wholly owned subsidiary, Holy Crap Foods Inc., alongside an update on internal operational infrastructure and market expansion initiatives.

   On July 8, the Issuer provided an update on its forward-looking product development and segment expansion roadmap for its wholly owned subsidiary, Holy Crap Foods Inc.

   On July 14, the Issuer provided a strategic operational update regarding its collaboration with the Richardson Centre for Food Technology and Research (RCFTR) at the University of Manitoba.

   On July 21, the Issuer provided a corporate update regarding its upcoming expansion into the United States, the launch of an updated AI-driven e-commerce platform, and pipeline developments for its wholly owned subsidiary, Holy Crap Foods Inc. ("Holy Crap").

On July 29, the Issuer provided a corporate update outlining its primary strategic growth strategy: expanding its portfolio through targeted Mergers and Acquisitions (M&A) in the health, wellness, and consumer packaged goods (CPG) sectors.

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.

See Item 2 above.

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.

There were no products or services discontinued during the month of July 2026.

5. 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.

There was no 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., during the month of July 2026.

6. 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.

There were no expiries or terminations of material contracts or agreements during the month of July 2026.

7. 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.

There were no acquisitions or dispositions of assets by the Issuer during the preceding month.

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

During the month of July 2026, the Issuer did not acquire or lose any material customers. The Issuer continued to expand its distribution channels, including wholesale and e-commerce platforms, as part of its ongoing growth strategy.

9. 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.

   During the month of July 2026, there were no new developments or effects on intangible assets such as brand names, copyrights, franchises, licenses, patents, software, subscription lists, or trademarks.

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

   There were no employee hirings, terminations, or lay-offs during the month of July 2026

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

   There were no labour disputes during the period.

12. 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.

   There were no legal proceedings to which the Issuer became a party during the month of July 2026.

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

   Other than the normal course of business, there has been no indebtedness incurred or repaid by the Issuer during the month of July 2026.

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

   There were no securities issued during the month of July 2026.

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

   There were no loans to or by Related Persons during the month of July 2026.

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

   There have been no changes in directors, officers or committee members during the month of July 2026.

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

The trends and risks which are likely to impact the Issuer are detailed on page 41 of the Issuer's Listing Statement dated March 31, 2021, under the heading "Risk Factors." The Issuer's Listing Statement is available on the Issuer's profile on SEDAR+ at www.sedarplus.ca and on the Issuer's disclosure hall with the Canadian Securities Exchange at www.thecse.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 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: August 5, 2026.

Steve Loutskou
Name of Director or Senior Officer

"Steve Loutskou"
Signature

President & CEO
Official Capacity

Issuer Details Name of Issuer Restart Life Sciences Corp.	For Month End July 2026	Date of Report YY/MM/DD 2026/08/05
Issuer Address 700-838 W Hastings Street		
City/Province/Postal Code Vancouver, BC, V6C 0A6	Issuer Fax No. n/a	Issuer Telephone No. (778) 819-0244
Contact Name Steve Loutskou	Contact Position CEO	Contact Telephone No. (778) 819-0244
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