FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: BioHarvest Sciences Inc. the "Issuer").

Trading Symbol: BHSC

Date: June 2, 2023

1. New Options Granted:

Date of Grant: June 2, 2023

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Managemen t Compan y	Insider Yes or No?	No. of Optioned Shares	Exercise Price	Expiry Date	No. of Options Granted in Past 12 Months
John Paul Sangiovanni	Consultant	No	300,000	\$0.21	June 2, 2033	0
David Perez	Consultant	No	300,000	\$0.21	June 2, 2033	0

Total Number of optioned shares proposed for acceptance: 600,000

2. Other Presently Outstanding Options:

Name of Optionee	No. of Optioned Shares ⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date
Ilana Belzer	1,000,000	\$0.26	April 21, 2023	April 21, 2033
Yochi Hagay	850,000	\$0.26	April 21, 2023	April 21, 2033
OS Hawkins	350,000	\$0.22	March 13, 2023	March 13, 2033
F.A.A.S.	25,000	\$0.29	February 3, 2023	February 3, 2033
George Garibaldi	300,000	\$0.29	February 3, 2023	February 3, 2033
Oleg Kovaltsuk	10,000	\$0.29	February 3, 2023	February 3, 2033

Ben Weisberg	10,000	\$0.29	February 3, 2023	February 3, 2033
Shir Zour Schaibner	50,000	\$0.29	February 3, 2023	February 3, 2033
Baila Hinda Zeldes 2020 Family Trust:	25,000	\$0.28	November 4, 2022	November 4, 2032
Shraga Zeldes 2020 Family Trust	25,000	\$0.28	November 4, 2022	November 4, 2032
Esther Ehrman 2020 Family Trust	25,000	\$0.28	November 4, 2022	November 4, 2032
Joseph Ehrman 2020 Family Trust	25,000	\$0.28	November 4, 2022	November 4, 2032
Istok Nahtigal	75,000	\$0.28	October 21, 2022	October 21, 2032
The Hamill Network, LLC	30,000	\$0.28	October 21, 2022	October 21, 2032
McWhorter Driscoll, LLC	30,000	\$0.28	October 21, 2022	October 21, 2032
Anni Zanzuri	10,000	\$0.28	October 21, 2022	October 21, 2032
Nitzan Zandani	150,000	\$0.32	September 9, 2022	September 9, 2032
Michael Hoss	25,000	\$0.32	September 9, 2022	September 9, 2032
Jared Albert Turner	100,000	\$0.32	September 9, 2022	September 9, 2032
Bar Moreh	175,000	\$0.32	September 9, 2022	September 9, 2032
Michal Sapir	100,000	\$0.32	September 9, 2022	September 9, 2032
Koby Rosenzweig	100,000	\$0.32	September 9, 2022	September 9, 2032
Yarden Silas	50,000	\$0.32	September 9, 2022	September 9, 2032
Noa Roitenberg	50,000	\$0.32	September 9, 2022	September 9, 2032
Orly Lifshitz	25,000	\$0.32	September 9, 2022	September 9, 2032
Batya Marko	25,000	\$0.32	September 9, 2022	September 9, 2032
Shay Behor	10,000	\$0.32	September 9, 2022	September 9, 2032
Rotem Mizrachi	10,000	\$0.32	September 9, 2022	September 9, 2032
Omri Ovad	10,000	\$0.32	September 9, 2022	September 9, 2032
Max Broslav	10,000	\$0.32	September 9,	September 9,

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			2022	2032
Nadav Hindi	10,000	\$0.32	September 9,	September 9,
	40.000	* • • • • • • • • • • • • • • • • • • •	2022	2032
Jacob Maimon	10,000	\$0.32	September 9,	September 9,
Dotty Zolikman	25.000	\$0.32	2022 Santambar 0	2032 September 0
Petty Zelikman	25,000	\$0.32	September 9, 2022	September 9, 2032
Jacqui Amler	25,000	\$0.32	September 9,	September 9,
odoqui / timei	20,000	Ψ0.02	2022	2032
Lotan Malka	20,000	\$0.32	September 9,	September 9,
	,		2022	2032
Yalana Sarosca	20,000	\$0.32	September 9,	September 9,
			2022	2032
Itay Tal	25,000	\$0.32	September 9,	September 9,
	07.000	* • • • • • • • • • • • • • • • • • • •	2022	2032
Stephanie Murdock	25,000	\$0.32	September 9,	September 9,
Efrot Monastor	F0 000	የ ስ ኃን	2022 Santambar 0	2032 Santambar 0
Efrat Manaster	50,000	\$0.32	September 9, 2022	September 9, 2032
Magnuage Ltd	50,000	\$0.32	September 9,	September 9,
Magnucom Ltd	30,000	ψ0.02	2022	2032
OS Hawkins	250,000	\$0.32	September 9,	September 9,
Coriamans	200,000	Ψ0.02	2022	2032
Zaki Rakib	4,343,800	\$0.32	September 9,	September 9,
	, ,		2022	2032
Istok Nahtigal	30,000	\$0.23	July 8, 2022	July 8, 2023
Beresford Mitchell	15,000	\$0.24	July 4, 2022	July 4, 2032
Istok Nahtigal	20,000	\$0.24	July 4, 2022	July 4, 2032
Gavriel Lambert	300,000	\$0.24	July 4, 2022	July 4, 2032
Brian Cornblatt	1,000,000	\$0.24	July 4, 2022	July 4, 2032
Roni Katan	25,000	\$0.24	July 4, 2022	July 4, 2032
Huaying Zhang	150,000	\$ 0.34	May 6, 2022	May 6, 2032
Adam Jason Silverman	100,000	\$ 0.34	May 6, 2022	May 6, 2032
Shay Bahor:	10,000	\$ 0.34	May 6, 2022	May 6, 2032
Rotem Mizrachi:	10,000	\$ 0.34	May 6, 2022	May 6, 2032
Omri Ovad:	10,000	\$ 0.34	May 6, 2022	May 6, 2032
Moshe Marko:	10,000	\$ 0.34	May 6, 2022	May 6, 2032
Franklin Kaye:	10,000	\$ 0.34	May 6, 2022	May 6, 2032
Naor Shainerman:	50,000	\$ 0.34	May 6, 2022	May 6, 2032

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Zohar Kerem	12,000	\$0.35	March 24, 2022	March 24, 2032
Tal Soffer	15,000	\$0.35	March 24, 2022	March 24, 2032
Think Forward Media	15,000	\$0.35	March 24, 2022	March 24, 2032
Alan Rootenberg	200,000	\$0.35	March 24, 2022	March 24, 2032
Jared Turner	100,000	\$0.35	March 24, 2022	March 24, 2032
Malkit Azaki	140,000	\$0.35	March 24, 2022	March 24, 2032
Shneor Zalman Jaffe	50,000	\$0.375	November 29, 2021	November 29, 2031
Roberto Chait	100,000	\$0.375	November 29, 2021	November 29, 2031
Hadfield Inc.	300,000	\$0.375	November 29, 2021	November 29, 2031
Jared Albert Turner	400,000	\$0.375	November 29, 2021	November 29, 2031
Aron Schorr	13,200	\$0.40	October 29, 2021	October 29, 2031
Michael Hoss	50,000	\$0.40	October 29, 2021	October 29, 2031
Nadav Hindi	10,000	\$0.40	October 29, 2021	October 29, 2031
David Tsur	400,000	\$0.345	October 21, 2021	October 21, 2031
Steven Lehrer	300,000	\$0.34	October 8, 2021	October 8, 2031
Zouheir Bahloul	20,000	\$0.34	October 8, 2021	October 8, 2031
Naama Engel Snir	20,000	\$0.34	October 8, 2021	October 8, 2031
Koby Rosenzweig	200,000	\$0.34	October 8, 2021	October 8, 2031
Efrat Manaster	25,000	\$0.34	October 8, 2021	October 8, 2031
David Katz	25,000	\$0.34	October 8, 2021	October 8, 2031
Malkit Azatchi	360,000	\$0.34	October 8, 2021	October 8, 2031
Koby Rosenzweig	100,000	\$0.45	July 9, 2021	July 9, 2031
Nadav Hindi	10,000	\$0.45	July 9, 2021	July 9, 2031
Jacqui Amler	50,000	\$0.45	July 9, 2021	July 9, 2031
BOLDT AG	36,500	\$0.45	July 9, 2021	July 9, 2031
Adam Salman	1,500	\$0.45	July 9, 2021	July 9, 2031
Tobias Schneider	5,000	\$0.45	July 9, 2021	July 9, 2031
Ofer Ben Yehuda	10,000	\$0.45	July 9, 2021	July 9, 2031
Motele Shpiegler	50,000	\$0.45	July 9, 2021	July 9, 2031
Rhona Applebaum	100,000	\$0.45	July 9, 2021	July 9, 2031
Connor Greenway	12,500	\$0.45	July 9, 2021	July 9, 2031
James Assad	50,000	\$0.51	March 22, 2021	March 22, 2031

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OS Hawkins	250,000	\$0.51	March 22, 2021	March 22, 2031
McCune Sports	300,000	\$0.51	March 22, 2021	March 22, 2031
&Entertainment Ventures,				
LLC Dr. David Brady	50,000	\$0.51	March 22, 2021	March 22, 2031
Rhona Applebaum	100,000	\$0.51	March 22, 2021	March 22, 2031
David Bolinsky	75,000	\$0.51	March 22, 2021	March 22, 2031
Raff Della Peruta	5,000	\$0.51	March 22, 2021	March 22, 2031
Adam Jason Silverman	25,000	\$0.51	March 22, 2021	March 22, 2031
Christopher Puckett	25,000	\$0.51	March 22, 2021	March 22, 2031
Yochi Hagay	6,000,000	\$0.66	25-Feb-21	25-Feb-31
Boldt AG	26,000	\$0.50	08-Feb-21	08-Feb-31
Noa Roitenberg:	65,000	\$0.50	08-Feb-21	08-Feb-31
Yarden Silas	65,000	\$0.50	08-Feb-21	08-Feb-31
Itay Tal	40,000	\$0.50	08-Feb-21	08-Feb-31
Itzhak Sofer	10,000	\$0.50	08-Feb-21	08-Feb-31
Bar Moreh	125,000	\$0.50	08-Feb-21	08-Feb-31
Krembo Rebels Limited	100,000	\$0.43	29-Jan-21	29-Jan-31
Yehuda Adi Adler	25,000	\$0.43	29-Jan-21	29-Jan-31
Tal Soffer	15,000	\$0.43	29-Jan-21	29-Jan-31
Simple Stuff Limited	35,000	\$0.43	29-Jan-21	29-Jan-31
Jesse Epstein	25,000	\$0.43	29-Jan-21	29-Jan-31
Kristen Epstein	25,000	\$0.43	29-Jan-21	29-Jan-31
Yarden Sillas	10,000	\$0.43	29-Jan-21	29-Jan-31
Noa Roitenberg	10,000	\$0.43	29-Jan-21	29-Jan-31
Shalom Harel	100,000	\$0.36	12-Jan-21	12-Jan-31
Dr. Dennis Goodman	300,000	\$0.36	12-Jan-21	12-Jan-31
Justin Meiklem	300,000	\$0.36	12-Jan-21	12-Jan-31
Laura Shohet	15,000	\$0.36	12-Jan-21	12-Jan-31
Motele Shpiegler	50,000	\$0.36	12-Jan-21	12-Jan-31
Gisele Joubin	50,000	\$0.19	24-Dec-20	24-Dec-30
Nathaniel Averill	850,000	\$0.19	24-Dec-20	24-Dec-30
Yael Morowati	250,000	\$0.19	24-Dec-20	24-Dec-30
Malkit Azachi	1,000,000	\$0.19	24-Dec-20	24-Dec-30
Sharon Vigodman	250,000	\$0.19	24-Dec-20	24-Dec-30
Orly Lifshitz	75,000	\$0.19	24-Dec-20	24-Dec-30
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TOTAL	61,368,335			
Bar Moreh	100,000	\$0.15	10-Jun-20	10-Jun-30
Gisele Joubin	50,000	\$0.15	10-Jun-20	10-Jun-30
Eitan Popper	3,619,639	\$0.15	10-Jun-20	10-Jun-30
Ilan Sobel	18,098,196	\$0.14	09-Jun-20	09-Jun-30
Jake Fiddick	250,000	\$0.15	29-Jul-20	29-Jul-30
David Ryan	250,000	\$0.15	29-Jul-20	29-Jul-30
Yochi Hagay	11,910,000	\$0.15	29-Jul-20	29-Jul-30
Alan Rootenberg	250,000	\$0.15	10-Sep-20	10-Sep-30
Vivien Rakib	150,000	\$0.15	10-Sep-20	10-Sep-30
Jake Fiddick	150,000	\$0.15	10-Sep-20	10-Sep-30
David Ryan	150,000	\$0.15	10-Sep-20	10-Sep-30
Rhona Applebaum	300,000	\$0.135	06-Nov-20	06-Nov-30
David Brady	250,000	\$0.135	06-Nov-20	06-Nov-30
Roberto Chait	400,000	\$0.135	06-Nov-20	06-Nov-30
Yoav Roth	75,000	\$0.19	24-Dec-20	24-Dec-30
Itzhak Sofer	10,000	\$0.19	24-Dec-20	24-Dec-30
Moshe Marko	20,000	\$0.19	24-Dec-20	24-Dec-30
Marina Orenstrach	25,000	\$0.19	24-Dec-20	24-Dec-30
Ami Azulay	25,000	\$0.19	24-Dec-20	24-Dec-30
Petty Zelikman	75,000	\$0.19	24-Dec-20	24-Dec-30
Shay Katz	100,000	\$0.19	24-Dec-20	24-Dec-30
Michal Sapir	500,000	\$0.19	24-Dec-20	24-Dec-30
Dana Ben Noon	50,000	\$0.19	24-Dec-20	24-Dec-30
Bar Moreh	200,000	\$0.19	24-Dec-20	24-Dec-30
Itay Tal	10,000	\$0.19	24-Dec-20	24-Dec-30
Michael Hoss	100,000	\$0.19	24-Dec-20	24-Dec-30
Batya Marko	75,000	\$0.19	24-Dec-20	24-Dec-30
Raya Schleizer	75,000	\$0.19	24-Dec-20	24-Dec-30

⁽¹⁾ Set out number of optioned shares for each grant with different terms.

3. Additional Information

(a) If shareholder approval was required for the grant of options (including prior approval of a stock option plan), state the date that the shareholder meeting approving the grant was or will be held.

The Company's stock option plan was approved

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by its shareholders at the Company's Annual Meeting on February 10, 2022.

(b) State the date of the news release announcing the grant of options. June 2, 2023

State the total issued and outstanding share capital at the date of grant or (c)

472,723,419 amendment.

State, as a percentage of the issued and outstanding shares of the Issuer indicated in (c) above, the aggregate number of shares that are subject to incentive stock options, including new options, amended options and other presently outstanding

options. 13.10%

If the new options are being granted pursuant to a stock option plan, state the number (e)

of remaining shares reserved for issuance under the plan. 8,940,177

If the Issuer has completed a public distribution of its securities within 90 days of the (f)

date of grant, state the per share price paid by the public investors. **Not** Applicable.

Describe the particulars of any proposed material changes in the affairs of the Issuer. (g)

Not Applicable.

Certificate of Compliance 4.

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. 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).

All of the information in this Form 11 Notice of Proposed Stock Option Grant or 3.

Amendment is true.

Dated June 2, 2023

David Ryan

Name of Director or Senior Officer

"David Ryan"

Signature

Vice President of Investor Relations

Official Capacity

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