

Form 45-102F1

Notice of Intention to Distribute Securities under Section 2.8 of
NI 45-102 *Resale of Securities*

Reporting issuer

1. Name of reporting issuer: *NHS INDUSTRIES LTD. (the "Company")*

Selling security holder

2. Your name: *Carman Parente*
3. The offices or positions you hold in the reporting issuer: *President, Chief Executive Officer and Director*
4. Are you selling securities as a lender, pledgee, mortgagee or other encumbrancer? *No*
5. Number and class of securities of the reporting issuer you beneficially own: *18,600,599 common shares, 5,000,000 warrants AND 250,000 stock options*

Distribution

6. Number and class of securities you propose to sell: *Up to 5,000,000 warrants and up to 8,000,000 common shares.*
7. Will you sell the securities privately or on an exchange or market? If on an exchange or market, provide the name. *The securities may be sold privately or may be sold through the services of the Canadian Securities Exchange.*

Warning

It is an offence to submit information that, in a material respect and in light of the circumstances in which it is submitted, is misleading or untrue.

Certificate

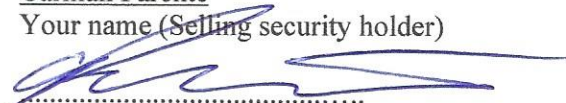
I certify that

- (1) I have no knowledge of a material fact or material change with respect to the issuer of the securities that has not been generally disclosed; and
- (2) the information given in this form is true and complete.

Date *August 27, 2019*

Carman Parente

Your name (Selling security holder)



.....
Your signature (or if a company, the
signature of your authorized signatory)