

FREQUENCY EXCHANGE ANNOUNCES CHANGES IN MANAGEMENT AND BOARD OF DIRECTORS

VANCOUVER, BRITISH COLUMBIA - September 12, 2022 – Frequency Exchange Corp. (“Frequency Exchange” or the “Company”) (TSXV: FREQ) is pleased to announce that its wholly-owned subsidiary, FREmedica Technologies Inc. (“FREmedica”), has appointed Nicole Sullivan as President of FREmedica effective September 6th, 2022.

Ms. Sullivan has been with FREmedica since 2017, most recently serving the company as Vice President. She came to FREmedica with a wealth of experience in a variety of roles, as well as having flexed her entrepreneurial muscle in the complementary health arena formulating and marketing her own aromatherapy blends over a 14 year period.

“Nicole is the lifeblood of this company and has made it possible for us to achieve much of our success so far. Her contribution to the success of Wave 1 for Lyme Disease, and now bringing NIKKI, our new frequency wearable, to market has been significant,” says CEO Stephen Davis.

“I am proud to be part of this incredible company and team,” says Sullivan. “With our just-released research demonstrating that NIKKI is hitting it out of the park with pain relief, reducing stress and anxiety, providing an energy boost and generally contributing to overall improvements in wellness and performance, I couldn’t be more excited for the future.”

“Nicole has been a big part of building on the success of our Wave 1 for people struggling with Lyme Disease,” says Davis. “We are now ready to bring this successful technology to many more people this fall with our new NIKKI device and a suite of frequency packages that have proven to significantly improve people’s lives.”

Frequency Exchange also announces the resignation of Ms. Mary-Lynn Bellamy-Willms from the Board of Directors and as President of the Company. The Company would like to thank Ms. Bellamy-Willms for her time serving as President and as a member of Board of Directors.

Frequency Exchange is pleased to announce that it has appointed Nicole Sullivan to the Board of Directors of the Company effective September 8, 2022.

About the Company

The Company is a British Columbia-based company focused on the development and commercialization of a frequency emitter that delivers a special package of frequencies designed for the health & wellness and performance enhancement markets worldwide. NIKKI is the fifth generation frequency emitter released by the Company. It is the third wearable technology designed by the Company, initially to deliver frequencies to help clients with chronic Lyme disease. The technology combined with the frequencies is the result of years of development and experimentation with the latest in bio-energetic technology.

www.Fremedica.com

www.WeAreNikki.com

www.FrequencyExchangeCorp.com

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Cautionary Note Regarding Forward-Looking Information

Certain information contained herein constitutes "forward-looking information" under Canadian securities legislation. Forward-looking information includes, but is not limited to, statements with respect to the trading date of the Company's common shares on the Exchange. Generally, forward-looking information can be identified by the use of forward-looking terminology such as "will" or variations of such words and phrases or statements that certain actions, events or results "will" occur. Forward-looking statements are based on the opinions and estimates of management as of the date such statements are made and they are subject to known and unknown risks, uncertainties and other factors that may cause the actual results to be materially different from those expressed or implied by such forward-looking statements or forward-looking information. There can be no assurance that such statements will prove to be accurate, as actual results and future events could differ materially from those anticipated in such statements. Readers should not place undue reliance on forward-looking statements and forward-looking information. The Company will not update any forward-looking statements or forward-looking information that are incorporated by reference herein, except as required by applicable securities laws.

Additional information identifying risks and uncertainties is contained in filings by the Company with the Canadian securities regulators, which filings are available under the Company's profile on SEDAR at www.sedar.com.

Neither the Exchange nor its Regulation Services Provider (as that term is defined in policies of the Exchange) accepts responsibility for the adequacy or accuracy of this release.