



FREMEDICA EXPANDS ADVISORY BOARD

VANCOUVER, BRITISH COLUMBIA – November 13, 2023 – Frequency Exchange Corp. ("Frequency Exchange" or the "Company") (TSXV: FREQ) pleased to announce that its wholly-owned subsidiary, FREmedica Technologies Inc. ("FREmedica"), has increased its team with the addition of Linda Fontana (Business Development), Andy Parkins (Operations & Systems Development) and Dale Maclean (Public Market Strategies.) These new appointments bring further vision and expertise to the company's advisory resource. FREmedica President Nicole Sullivan commented: "I am excited to welcome Linda, Dale and Andy to the advisory board. Together we will move FREmedica forward to new levels of success."



Linda Fontana Corporate Consultant and Coach

Since 1988, Linda's career path has taken her to a wide array of occupations in Canada and the United States. She has been a business owner, consultant, speaker and business training development and recruitment specialist. Married with a daughter, she lost her 38 year-old husband Brian to ALS in 2003. Linda became inspired to help those with ALS lead better and more meaningful lives and ultimately find a cure. As a passionate wellness advocate, Linda is a welcome addition to the FREmedica advisory board and a worthy representative of our corporate and personal values.

"FREmedica reflects the commitment to caring and nurturing the human element that are key assets in growing a company and seeing it succeed."



Dale R. MacLean, MBA
Business Management Leader

Dale is a strategic, innovative and results-driven leader with a track record of optimizing shareholder value. As CEO of Tree Island Steel he guided a 78% growth from \$132 million to \$235 million. Dale understands and works effectively with regulators, boards, Investment communities, elected Officials, community leaders, First Nations Leaders, labour leaders and the Media. He brings proven expertise in growing and running medium-large, complex, international businesses. Dale's experience in commercial and operational transactions and business management throughout North America, Asia and the Pacific Rim will factor in establishing and growing the FREmedica global market.

"I'm excited to be engaged with a company set on bringing a true technological breakthrough to improve lives around the world."



Andy Parkins

Entrepreneur and technology innovator

Andy is the Founder and CEO of Six Factor, Google's leading cloud partner in Western Canada. Over more than 25 years of developing technology solutions for business, he has led an array of global institutions in transforming and evolving their operations into world-class, client-centric product and service providers. Andy has held prominent leadership roles at the Insurance Corporation of British Columbia, Deloitte, the Monitise Group, the Royal Bank of Scotland, Qantas and Computer Visionwhere. He speaks at conferences on how businesses are delivering the leaders of tomorrow, and how converging technologies are transforming our world.

"My firm belief is that innovative technology well applied becomes a key enabler in improving day to day lives. When I learned what Stephen and his amazing team are seeking to achieve through NIKKI, my immediate thought was to offer support to this critical social mission"

NIKKI is a first-of-its-kind frequency delivery system that you wear. A wellness centre on your wrist that delivers frequency sets on demand into the body designed for wellness and performance enhancement.

About the Company

The Company is a British Columbia-based company focused on the development and commercialization of a Frequency Delivery System you wear, that delivers a special package of frequencies designed for the health & wellness and performance enhancement markets worldwide. NIKKI is the fifth generation Frequency Delivery System 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

For more information, please contact:

Frequency Exchange Corp.

Stephen Davis
CEO & Director
250-732-7170

FREmedica Technologies

Nicole Sullivan
President
Nicole@FREmedica.com

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.