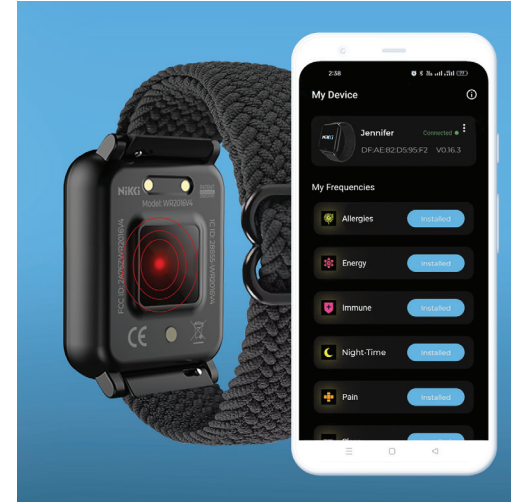


NIKKI: “SOON” AVAILABLE AT iOS APP STORE & Android PLAY STORE

For Immediate Release

VANCOUVER, BRITISH COLUMBIA – March 22, 2023 – Frequency Exchange Corp. (“Frequency Exchange” or the “Company”) (TSXV: FREQ) is pleased to announce that its wholly-owned subsidiary, FREmedica Technologies Inc. (“FREmedica”), has applied for approval for its new App “NIKKI” to be registered with both the iOS App Store and Android Play Store. The app will allow NIKKI owners to update their own devices and frequency sets. Early user feedback has been very positive on the effect the frequency sets are having on stress, fatigue, pain and sleep to name a few big wins for NIKKI owners.



“The App is a critical piece of software that allows NIKKI owners access to the Platinum Set of frequencies and to allow critical firmware updates when required. Says Stephen Davis, CEO. Having the App also allows NIKKI owners to receive new frequency updates along with exclusive access to new frequency set providers.”

The results of our ‘Quality of Life’ study have set the stage to help millions of people who are struggling with issues related to sleep, pain & inflammation, lack of energy, stress & anxiety, or a combination of all the above. Early indications from NIKKI owners seem to verify the results that were obtained in the study.

PLATINUM Frequency Sets for LIFE

Nicole Sullivan, President of FREmedica states “We are excited to offer the Platinum Set of frequencies for the LIFETIME of your NIKKI at no charge, a gift to you from the NIKKI team. In this exclusive offer you will receive each of the following nine frequency sets for life at the time you download the “NIKKI” App. Join the hundreds, soon to be thousands of NIKKI owners sharing how NIKKI has affected their life in such positive ways.”



NIKKI Stories

“The NIKKI has definitely enhanced my quality of sleep for both myself and my wife. Both the Night-Time and Sleep frequency sets were my main reasons for purchasing NIKKI. My wife has also used the Immune frequency quite a bit, and is certain it has helped her stay healthier. Overall, it's an excellent product and worth the money for better sleep!” - John H. (Beta)



"I have had my NIKKI for two weeks and really like it. I use Night-Time and see improvements to my sleep quality (REM and length). The Allergy frequencies also work extremely well for me. I have been tracking my wellness for years, so it's been easy to spot the benefits since I can compare my before and after." - Erin M. (NR)

"I have chronic back pain, fibromyalgia, and allergies. My Nikki has helped address these issues. With more wear time consistency, the better the benefits. I've noticed in the beginning it took an hour or so to drift to sleep, but now that time is shorter. For me, it took three weeks of consistent daily use to notice the NIKKI's increased effectiveness. The difference is amazing." - Patricia C. (NR)

"I have been using the NIKKI for approximately two months. I have experienced more restful sleep, less stress, and felt a significant improvement in overall health and wellness. I'm employed at a public elementary school where a plethora of germs are omnipresent. It is truly remarkable that I've remained healthy despite everyone around me having various communicable ailments. I appreciate NIKKI's Travel, and Viruses + Bacteria frequency sets. They are both extremely beneficial to me. Thank you, thank you, thank you!" - Anonymous (Beta)

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. With the new App NIKKI users will be able to update their NIKKI with new frequency sets as they are released.

About the Company

Based in British Columbia, Canada, FREmedica is focused on the development and global commercialization of a wearable Frequency Delivery System providing specialized programs designed for health and wellness as well as performance enhancement. NIKKI is the fifth-generation Frequency Delivery System released by the Company, initially to help clients with chronic Lyme disease. This wearable frequency technology is the product of years of research and development applying the latest in bioenergetic science.

www.WeAreNikki.com
www.Fremedica.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.