

ALLISON BUTENSCHON AND ALEXANDRA MORESCO JOIN FREMEDICA ADVISORY BOARD

For Immediate Release

VANCOUVER, BRITISH COLUMBIA – November 20, 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 increased its team by adding two key roles. As Corporate Ambassador and Director of Business Development, Allison Butenschon will oversee development of opportunities now opened with expansion of our rights. Alexandra Moresco becomes our PR and Social Media director responsible for growing NIKKI awareness and demand across all of our communications platforms.



Allison Butenschon, Director of Business Development

Allison Butenschon is an entrepreneur with a diverse and colourful career. Her health and wellness journey began with a personal battle against Lyme disease contracted at age 18. This challenging experience shaped her life and inspired her to help others facing similar emotional and physical devastation. Despite her disease, Allison has made significant contributions as a clothing, interior and lifestyle designer. She has also been instrumental in commercial and residential building development, demonstrating her business skills as an innovative thinker and leader. With her unique blend of expertise in alternative health, design, and business development, Allison continues to inspire and empower individuals to overcome adversity and pursue their dreams.

Allison Butenschon states **“Nikki has been life-altering for myself and my family. After circling the drain with chronic Lyme for over 15 years with little to no improvement, this device fell in our laps from a friend desperately trying to help us get better. I’m not only out of bed and back to life; I’m thriving. I’ll never be without NIKKI again. It has given me my life back.”**

FREmedica President Nicole Sullivan, states *“Having individuals of Allison’s quality and experience join us as we launch NIKKI along new paths is very encouraging. Allison was drawn to us through her experience with our Lyme Frequency Set. Her family members got their lives back after a 15-year battle with Lyme disease. We welcome Allison to our team knowing she will be a major contributor to our success.”*



Alexandra Moresco, Public Relations and Social Media Director

When Alexandra was stricken with Lyme disease, she shifted the focus of her entertainment and talent relations company to helping other Lyme sufferers and creating partnerships to find a cure. With degrees in public relations, advertising and journalism, she adds her personal experience living with chronic disease to build long-lasting relations with both media and patient communities. Alexandra works with companies including Nike, Complex Magazine and Facebook Watch-now, boasting a client roster of top tier medical, healthcare and wellness clients. She has raised hundreds of thousands of dollars for tick-borne illness research and over the past year has secured over 250 prominent placements with media readership equating to a billion viewers.

“As a health-focused public relations company, we are excited to partner with NIKKI to create greater awareness of innovative technologies that are having a profound impact on improving wellness and speeding recovery.” States Ali Moresco, founder, Moresco Public Relations and Communications

Nicole Sullivan, President of FREmedica states *“Allison and Alexandra bring a wealth of knowledge and passion to FREmedica together with a deeper understanding for our NIKKI users based on their personal health journeys. They are very welcome additions to our team, and I am looking forward to seeing them develop our brand awareness and expand our reach.”*



NIKKI is a first-of-its-kind wearable frequency delivery system; a wellness centre on your wrist that delivers frequency sets on demand into the body designed to enhance wellness and improve performance. NIKKI is now offered as NIKKI-Lyme to help speed recovery from the fastest-growing vector-borne disease in North America.

About the Company

Based in British Columbia, Canada, the company is focused on the development and commercialization of a wearable frequency delivery system in markets worldwide, delivering specialized frequency programs designed to enhance wellness as well as improve performance. NIKKI is a fifth-generation frequency delivery system and third wearable technology created by the Company, initially to help clients with chronic Lyme disease. This wearable technology combined with the frequency programs is the result of years of research and development using advanced bioenergetic technology.

www.WeAreNikki.com
www.Fremedica.com
www.FrequencyExchangeCorp.com

For more information, please contact:

Frequency Exchange Corp.

FREmedica Technologies Inc.

Stephen Davis
Chairman
250-732-7170

Nicole Sullivan
President
nicole@fremedica.com

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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.

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