

## FREQUENCY EXCHANGE ANNOUNCES OPTION GRANT

### For Immediate Release

VANCOUVER, BRITISH COLUMBIA – February 29, 2024 – Frequency Exchange Corp. (“Frequency Exchange” or the “Company”) (TSXV: FREQ ) is pleased to announce that the Company has granted a total of 2,000,000 stock options to directors, officers, consultants and employees of the Company, exercisable for a period of 5 years, at a price of 20 cents per share. The grant of the Options is subject to regulatory approval.

### 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](http://www.WeAreNikki.com)  
[www.Fremedica.com](http://www.Fremedica.com)  
[www.FrequencyExchangeCorp.com](http://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](http://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.*