

FREQUENCY EXCHANGE CORP. APPOINTS SAMMY CHOW TO ADVISORY BOARD

For Immediate Release

VANCOUVER, BRITISH COLUMBIA – December 19, 2025 – Frequency Exchange Corp. (TSXV: FREQ) (OTC: FRECF) (“Frequency Exchange” or the “Company”) is pleased to announce the appointment of Sammy Chow to its Advisory Board.

Sammy Chow brings more than two decades of leadership experience in finance, operations, corporate development, and strategy. He has held senior executive roles, including Chief Financial Officer and Chief Operating Officer, across sectors such as manufacturing, technology, and renewable energy.

Mr. Chow has worked with both startups and global organizations, including Fortune 500 companies, across Asia, the United States, and Canada. He has led and supported initiatives involving capital investments, market entry, and strategic partnerships, resulting in more than \$1 billion in successful transactions.

“Sammy adds valuable capital markets and operational depth to our leadership group,” said Stephen Davis, CEO of Frequency Exchange Corp. “His track record working across growth-stage and global enterprises brings the type of discipline and insight we believe is essential as we scale.”

Sammy holds an MBA from the University of Ottawa, a Bachelor of Commerce from the University of British Columbia, and is a Chartered Financial Analyst (CFA).



About Frequency Exchange Corp.

Frequency Exchange Corp. (TSXV: FREQ; OTC: FRECF) is the parent company of FREmedica Technologies Inc., a developer and commercializer of frequency-based digital wellness technologies. The Company's flagship product, NIKKI, delivers programmable frequency wellness programs designed to support cellular communication and overall wellbeing.

Originally developed to support those with Lyme disease, the NIKKI platform has evolved to address broader use cases, including sleep, pain, energy, immune support, and athletic recovery. The Company's technology is supported by ongoing testing and quality-of-life evaluations.



More information is available at:

www.FrequencyExchangeCorp.com
www.WeAreNikki.com

Investor Contacts

Frequency Exchange Corp.

Stephen Davis
CEO

stephen@frequencyexchangeCorp.com

FREmedica Technologies Inc.

Nicole Sullivan
President

nicole.sullivan@wearenikki.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.sedarplus.ca.

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