

VANC PHARMACEUTICALS INC.

**NOTICE OF CHANGE IN YEAR-END
Pursuant to Section 4.8 of National Instrument 51-102**

VANC Pharmaceuticals Inc. (the “**Reporting Issuer**”) hereby provides notice pursuant to Section 4.8 of National Instrument 51-102 that it will change its financial year-end from June 30 to December 31.

Reason for the Change

The Reporting Issuer is changing its financial year-end to December 31 so that its financial year-end will coincide with the pharmaceutical industry business cycle and to be comparable with other pharmaceutical companies.

Old Financial Year-End

The old financial year-end of the Reporting Issuer was June 30.

New Financial Year-End

The new financial year-end of the Reporting Issuer is December 31.

Transition Year

The transition year of the Reporting Issuer is the six months ending December 31, 2015.

Length and Ending Date of the Periods, including the Comparative Periods, of the Interim and Annual Financial Statements to be Filed for the Transition Year and the New Financial Year

Transition Year

Financial Statements	Period Ended	Comparative Period Ended
Audited	6 months ended December 31, 2015	12 months ended June 30, 2015

New Financial Year

Financial Statements	Period Ended	Comparative Period Ended
Unaudited Period	3 months ended March 31, 2016	3 months ended March 31, 2015
Unaudited Period	6 months ended June 30, 2016	6 months ended June 30, 2015
Unaudited Period	9 months ended September 30, 2016	9 months ended September 30, 2015
Audited Period	12 months ended December 31, 2016	6 months ended December 31, 2015 and 12 months ended June 30, 2015

Filing Deadlines for Transition Year

The Reporting Issuer is required to file its audited financial statements for the six months ended December 31, 2015 by no later than April 30, 2016.

Date: October 21, 2015

VANC PHARMACEUTICALS INC.

Signed: "*Arun Nayyar*"

Arun Nayyar
Chief Executive Officer