

FORM 5

QUARTERLY LISTING STATEMENT

Name of Listed Issuer: **Abound Energy Inc. (formerly Zinc8 Energy Solutions Inc.)** (the “Issuer”).

Trading Symbol: **ABND**

This Quarterly Listing Statement must be posted on or before the day on which the Issuer’s unaudited interim financial statements are to be filed under the *Securities Act*, or, if no interim statements are required to be filed for the quarter, within 60 days of the end of the Issuer’s first, second and third fiscal quarters. This statement is not intended to replace the Issuer’s obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by the Exchange Policies. If material information became known and was reported during the preceding quarter to which this statement relates, management is encouraged to also make reference in this statement to the material information, the news release date and the posting date on the Exchange website.

General Instructions

- (a) Prepare this Quarterly Listing Statement using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the following items must be in narrative form. When the answer to any item is negative or not applicable to the Issuer, state it in a sentence. The title to each item must precede the answer.
- (b) The term “Issuer” includes the Listed Issuer and any of its subsidiaries.
- (c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

There are three schedules which must be attached to this report as follows:

SCHEDULE A: FINANCIAL STATEMENTS

Financial statements are required as follows:

For the first, second and third financial quarters interim financial statements prepared in accordance with the requirements under Ontario securities law must be attached.

If the Issuer is exempt from filing certain interim financial statements, give the date of the exempting order.

SCHEDULE B: SUPPLEMENTARY INFORMATION

1. Related party transactions

All related party transactions have been disclosed in the Issuer's financial statements for the period ended December 31, 2023.

2. Summary of securities issued and options granted during the period.

All securities issued and/or convertible securities granted during the period have been disclosed in the Issuer's financial statements for the period ended December 31, 2023.

3. Summary of securities as at the end of the reporting period.

A summary of securities as at the end of the reporting period has been disclosed in the Issuer's financial statements for the period ended December 31, 2023.

4. List the names of the directors and officers, with an indication of the position(s) held, as at the date this report is signed and filed.

Name	Position(s) Held
Jason Birmingham	Interim President, Interim Chief Executive Officer and Director
Simon Fan	Director
Keith Morlock	Director
Scott Larson	Director
Mike Simpson	Director
Christine Pankiw	Corporate Secretary

SCHEDULE C: MANAGEMENT DISCUSSION AND ANALYSIS

The MD&A for the period ended December 31, 2023 is attached.

Certificate of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Quarterly Listing Statement.
2. As of the date hereof there is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 5 Quarterly Listing Statement is true.

Dated **April 25, 2024**.

Jason Birmingham

Name of Director or Senior Officer

"Jason Birmingham"

Signature

Interim President and Interim CEO

Official Capacity

Issuer Details Name of Issuer Abound Energy Inc.	For Quarter Ended Dec 31, 2023	Date of Report YY/MM/D 24/04/25
Issuer Address #1 – 8765 Ash Street		
City/Province/Postal Code Vancouver, BC, V6P 6T3	Issuer Fax No. N/A	Issuer Telephone No. (604) 558-1408
Contact Name Jason Birmingham	Contact Position Interim President and Interim CEO	Contact Telephone No. N/A
Contact Email Address info@abound.energy	Web Site Address www.abound.energy	