

| OMB APPROVAL                                 |           |
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**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

|   |  |   |
|---|--|---|
| 1. Name and Address of Reporting Person*<br><u>VITA NICHOLAS</u><br><br>(Last) (First) (Middle)<br>C/O THE CANNABIST COMPANY HOLDINGS INC.<br>680 FIFTH AVENUE, 24TH FLOOR<br><br>(Street)<br>NEW YORK NY 10019<br><br>(City) (State) (Zip) | 2. Issuer Name and Ticker or Trading Symbol<br><u>Cannabist Co Holdings Inc. [ CBSTF ]</u> | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable)<br><input checked="" type="checkbox"/> Director 10% Owner<br><input checked="" type="checkbox"/> Officer (give title below) Other (specify below)<br><u>Chief Executive Officer</u> |
|   | 3. Date of Earliest Transaction (Month/Day/Year)<br><u>11/28/2023</u>                      |   |
|   | 4. If Amendment, Date of Original Filed (Month/Day/Year)                                   |   |

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

| 1. Title of Security (Instr. 3) | 2. Transaction Date (Month/Day/Year) | 2A. Deemed Execution Date, if any (Month/Day/Year) | 3. Transaction Code (Instr. 8) |   | 4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5) |            |                       | 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 7. Nature of Indirect Beneficial Ownership (Instr. 4) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|------------|-----------------------|---|--|---|
|                                 |                                      |  | Code                           | V | Amount  | (A) or (D) | Price                 |   |  |   |
| Common Shares                   | 11/28/2023                           |  | S                              |   | 50,000  | D          | \$0.34 <sup>(1)</sup> | 21,127,075  | I  | Held by Vita Holdings LLC <sup>(5)</sup>              |
| Common Shares                   | 11/28/2023                           |  | S                              |   | 100,000   | D          | \$0.33 <sup>(2)</sup> | 21,027,075  | I  | Held by Vita Holdings LLC <sup>(5)</sup>              |
| Common Shares                   | 11/29/2023                           |  | S                              |   | 50,000  | D          | \$0.34 <sup>(3)</sup> | 20,977,075  | I  | Held by Vita Holdings LLC <sup>(5)</sup>              |
| Common Shares                   | 11/29/2023                           |  | S                              |   | 50,000  | D          | \$0.34 <sup>(4)</sup> | 20,927,075  | I  | Held by Vita Holdings LLC <sup>(5)</sup>              |
| Common Shares                   |                                      |  |                                |   |   |            |                       | 618,950   | D  |   |

**Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)**

| 1. Title of Derivative Security (Instr. 3) | 2. Conversion or Exercise Price of Derivative Security | 3. Transaction Date (Month/Day/Year) | 3A. Deemed Execution Date, if any (Month/Day/Year) | 4. Transaction Code (Instr. 8) |   | 5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) |     | 6. Date Exercisable and Expiration Date (Month/Day/Year) |                 | 7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4) | 8. Price of Derivative Security (Instr. 5) | 9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4) | 10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 11. Nature of Indirect Beneficial Ownership (Instr. 4) |
|--|--|--------------------------------------|--|--------------------------------|---|--|-----|--|-----------------|---|--|--|---|--|
|  |  |                                      |  | Code                           | V | (A)  | (D) | Date Exercisable   | Expiration Date |   |  |  |   |  |

**Explanation of Responses:**

- The sales price reported above was converted from the Canadian sales price of C\$0.465 using an exchange rate of C\$1.3581 = US\$1.00.
- The sales price reported above was converted from the Canadian sales price of C\$0.45 using an exchange rate of C\$1.3581 = US\$1.00.
- The sales price reported above was converted from the Canadian sales price of C\$0.46 using an exchange rate of C\$1.3590 = US\$1.00.
- The sales price reported above was converted from the Canadian sales price of C\$0.465 using an exchange rate of C\$1.3590 = US\$1.00.
- Shares sold by third-party financial institution in partial satisfaction of debt obligation. Funding was primarily used for pediatric medical research for orphan and ultra rare illnesses, tax payments, educational and philanthropic purposes.

/s/ Nicholas Vita 11/30/2023  
 \*\* Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

\* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

\*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.

