

Form 51-101F2

Report on Reserves Data by Independent Qualified Reserves Evaluator or Auditor

To the Board of Directors of First Helium Inc. (the “Company”):

1. We have evaluated the Company’s reserves data as at March 31, 2022. The reserves data are estimates of proved reserves and probable reserves and related future net revenue as at March 31, 2022, estimated using forecast prices and costs.
2. The reserves data are the responsibility of the Company’s management. Our responsibility is to express an opinion on the reserves data based on our evaluation.
3. We carried out our evaluation in accordance with standards set out in the Canadian Oil and Gas Evaluation Handbook as amended from time to time (the “COGE Handbook”), maintained by the Society of Petroleum Evaluation Engineers (Calgary Chapter).
4. Those standards require that we plan and perform an evaluation to obtain reasonable assurance as to whether the reserves data are free of material misstatement. An evaluation also includes assessing whether the reserves data are in accordance with principles and definitions presented in the COGE Handbook.

5. The following table shows the net present value of future net revenue (before deduction of income taxes) attributed to proved plus probable reserves, estimated using forecast prices and costs and calculated using a discount rate of 10 percent, included in the reserves data of the Company evaluated for the year ended March 31, 2022, and identifies the respective portions thereof that we have audited, evaluated and reviewed and reported on to the Company's management and Board of Directors:

Independent Qualified Reserves Evaluator or Auditor	Effective Date	Location of Reserves (Country)	Net Present Value of Future Net Revenue Before Income Taxes (10% Discount Rate)			
			Audited (M\$)	Evaluated (M\$)	Reviewed (M\$)	Total (M\$)
Sproule	March 31, 2022	Canada				
Total			Nil	24,559	Nil	24,559

6. In our opinion, the reserves data evaluated by us have, in all material respects, been determined and are in accordance with the COGE Handbook, consistently applied. We express no opinion on the reserves data that we reviewed but did not audit or evaluate.
7. We have no responsibility to update our report referred to in paragraph 5 for events and circumstances occurring after the effective date of our report, entitled "Evaluation of the P&NG Reserves of First Helium Inc. in the Beaton Area of Alberta, Canada (As of March 31, 2022)".
8. Because the reserves data are based on judgments regarding future events, actual results will vary, and the variations may be material.

Executed as to our report referred to above:

Sproule Associates Limited
Calgary, Alberta



Jun. 28, 2022
Irina Baiseitova, P.Eng., M.Eng.
Senior Petroleum Engineer

Sproule Associates Limited
APEGA Permit Number 00417

A handwritten signature in blue ink, reading 'Meghan Klein'.

Meghan Klein, P.Eng.
Senior Manager, Engineering
DATE: Jun. 28, 2022 **RM APEGA ID #:** 84981

A handwritten signature in blue ink, reading 'Alexey Romanov'.

Alexey Romanov, Ph.D., P. Geo.
Senior Manager, Geoscience
DATE: Jun. 28, 2022 **RM APEGA ID#:** 112313