THIRD AMENDMENT TO   
DISTRIBUTION AGREEMENT  
 This third amendment (this “Amendment”) to the distribution agreement dated as of September 30, 2021, as novated (the “Agreement”), is made by Forum Funds II (the “Client”) and Foreside Fund Services, LLC (“Foreside” and, together with the Client, the “Parties”), with an effective date of November 30, 2023.  
 WHEREAS, Foreside and the Client desire to amend Exhibit A of the Agreement to reflect an updated list of Funds; and,  
 WHEREAS, Section 16 of the Agreement requires that all amendments and modifications to the Agreement be in writing and executed by all Parties.  
 NOW THEREFORE, for good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, the Parties hereby agree as follows:  
 1. Capitalized terms not otherwise defined herein shall have the meanings set forth in the Agreement.  
 2. Exhibit A of the Agreement is hereby deleted in its entirety and replaced by Exhibit A attached hereto to reflect the removal of SafeGuard Core One Fund.  
 3. Except as expressly amended hereby, all the provisions of the Agreement are restated and in full force and effect to the same extent as if fully set forth herein.  
 4. This Amendment shall be governed by and the provisions of this Amendment shall be construed and interpreted under and in accordance with the laws of the State of Delaware.