

PSYCHED WELLNESS LTD.

NOTICE OF ANNUAL GENERAL AND SPECIAL MEETING OF SHAREHOLDERS

NOTICE IS HEREBY GIVEN that the annual general and special meeting (the “**Meeting**”) of the holders (“**Shareholders**”) of common shares (“**Common Shares**”) of Psyched Wellness Ltd. (the “**Corporation**”) will be held at the offices of Branson Corporate Services Ltd., 36 Toronto Street Suite 701, Toronto, Ontario M5C 2C5 on the 15th day of May 2025, at 10:00 a.m. (Toronto time), for the following purposes:

1. to receive and consider the consolidated audited financial statements of the Corporation for the financial years ended November 30, 2024, and 2023, together with the report of the auditors thereon;
2. to elect the directors of the Corporation for the ensuing year, as will be more particularly set forth in the accompanying instrument of proxy (the “**Instrument of Proxy**”) and management information circular dated March 26, 2025 (the “**Circular**”), each prepared for the purpose of the Meeting;
3. to re-appoint Clearhouse LLP as the auditor of the Corporation until the earlier of the close of the next annual meeting of Shareholders or their earlier resignation or replacement, and to authorize the directors of the Corporation to fix the auditors’ remuneration;
4. to consider, and, if deemed advisable, to pass, with or without variation, an ordinary resolution to approve the Corporation’s adoption of the Omnibus Equity Incentive Plan, as more particularly described in the Circular; and
5. to transact such other business as may properly come before the Meeting or any adjournment thereof.

This notice is accompanied by the Circular and Instrument of Proxy.

The approval of each of the matters referenced above must be approved by a majority of the votes cast by shareholders present in person or represented by proxy at the Meeting.

This year, as described in the notice-and-access notification mailed to shareholders of the Company, the Company has elected to use the notice-and-access provisions under National Instrument 51-102 – *Continuous Disclosure Obligations* and National Instrument 54-101 – *Communications with Beneficial Owners of Securities of a Reporting Issuer* for the Meeting. The Meeting materials have been posted on the following website: <https://www.psyched-wellness.com> (the “**Website**”) and on SEDAR+ at www.sedarplus.ca. The use of this alternative means delivery is more environmentally friendly as it will help reduce paper use and it will also reduce the Company’s printing and mailing costs. The Meeting materials will remain on the Website for one full year following the Meeting. The Meeting materials will also be available on SEDAR+ at www.sedarplus.ca.

No shareholders will receive paper copies of the Meeting materials unless they specifically request paper copies. Instead, all shareholders will receive a notice-and-access notification which will contain information on how to obtain electronic and paper copies of the Meeting materials in advance of the Meeting. If you wish to receive a paper copy of the Meeting materials or have questions about notice-and-access, please call 1-866-600-5869. In order to receive a paper copy in time to vote before the meeting, your request should be received by May 6, 2025.

The record date for the determination of shareholders entitled to receive notice of and to vote at the Meeting is March 26, 2025, (the “**Record Date**”). Shareholders whose names have been entered in the register of shareholders at the close of business on that date will be entitled to receive notice of and to vote at the Meeting.

DATED at Toronto, Ontario this 26th day of March 2025.

BY ORDER OF THE BOARD

"Michael Nederhoff"

Michael Nederhoff
Chairman