



BetterLife Pharma Appoints New Director

VANCOUVER, British Columbia, March 31, 2025 -- BetterLife Pharma Inc. ("BetterLife" or the "Company") ([CSE: BETR / OTCQB : BETRE](#) / [FRA: NPAU](#)), an emerging biotech company, is pleased to announce it has appointed Dr. Steven Sangha to its Board of Directors. Dr. Sangha has over 25 years of business experience, including investment banking, business development and asset management. His extensive background with public company governance, compliance and finance has led him to run a successful Private Fund Family Office.

Dr. Sangha holds a Doctorate of Dental Surgery from the University of Western Ontario in London, Ontario, and a Bachelor of Pharmaceutical Science from the University of British Columbia in Vancouver, British Columbia. Dr. Sangha commented, "I am honored and excited to join BetterLife as a board member. I have been a long time supporter and have now become the largest shareholder of BetterLife over the past few years. I believe BETR-001 is the best asset in its class and will be disruptive to help those suffering from depression, anxiety, PTSD and addiction. I am looking forward to getting BETR-001 to the finish line so it can proceed with human clinical trials in the very near future."

"We are extremely pleased to welcome Dr. Sangha to our Board of Directors. He brings a wealth of experience in the biotech space, which will be very valuable as we execute our plans to develop non-hallucinogenic compounds to treat psychiatric and neurological disorders. We look forward to working with Dr. Sangha and his associates in the investment community", commented Ahmad Doroudian, CEO of BetterLife.

About BetterLife Pharma

BetterLife Pharma Inc. is an emerging biotechnology company primarily focused on developing and commercializing two compounds, BETR-001 and BETR-002, to treat neuro-psychiatric and neurological disorders.

BETR-001, which is in preclinical and IND-enabling studies, is a non-hallucinogenic and non-controlled LSD derivative in development and it is unique in that it is unregulated and therefore can be self-administered. BetterLife's synthesis patent for BETR-001 eliminates regulatory hurdles and its pending patent, for composition and method of use, covers treatment of major depressive disorder, anxiety disorder and neuropathic pain and other neuro-psychiatric and neurological disorders.

BETR-002, which is in preclinical and IND-enabling studies, is based on honokiol, the active anxiolytic ingredient of magnolia bark. BetterLife's pending method of use and formulations patent covers treatment of anxiety related disorders including benzodiazepine dependency.

BetterLife also owns a drug candidate for the treatment of viral infections and is in the process of seeking strategic alternatives for further development.

For further information, please visit [BetterLife Pharma](#).

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Cautionary Note Regarding Forward-Looking Statements

No securities exchange has reviewed nor accepts responsibility for the adequacy or accuracy of the content of this news release. This news release contains forward-looking statements relating to product development, licensing, commercialization and regulatory compliance issues and other statements that are not historical facts. Forward-looking statements are often identified by terms such as "will", "may", "should", "anticipate", "expects" and similar expressions. All statements other than statements of historical fact, included in this release are forward-looking statements that involve risks and uncertainties. There can be no assurance that such statements will prove to be accurate and actual results and future events could differ materially from those anticipated in such statements. Important factors that could cause actual results to differ materially from the Company's expectations include the failure to satisfy the conditions of the relevant securities exchange(s) and other risks detailed from time to time in the filings made by the Company with securities regulations. The reader is cautioned that assumptions used in the preparation of any forward-looking information may prove to be incorrect. Events or circumstances may cause actual results to differ materially from those predicted, as a result of numerous known and unknown risks, uncertainties, and other factors, many of which are beyond the control of the Company. The reader is cautioned not to place undue reliance on any forward-looking information. Such information, although considered reasonable by management at the time of preparation, may prove to be incorrect and actual results may differ materially from those anticipated. Forward-looking statements contained in this news release are expressly qualified by this cautionary statement. The forward-looking statements contained in this news release are made as of the date of this news release and the Company will update or revise publicly any of the included forward-looking statements as expressly required by applicable law.