

Your **Vote** Counts!

BODY AND MIND INC.

2023 Annual Meeting

Vote by March 30, 2023

11:59 PM ET

BODY AND MIND INC.
1095 WEST PENDER STREET, SUITE 750
VANCOUVER, BC V6E 2M6
CANADA



You invested in **BODY AND MIND INC.** and it's time to vote!

You have the right to vote on proposals being presented at the Annual Meeting. **This is an important notice regarding the availability of proxy material for the stockholder meeting to be held on March 31, 2023.**

Get informed before you vote

View the Notice & Proxy Statement, Form 10-K online OR you can receive a free paper or email copy of the material(s) by requesting prior to March 17, 2023. If you would like to request a copy of the material(s) for this and/or future stockholder meetings, you may (1) visit www.ProxyVote.com, (2) call 1-800-579-1639 or (3) send an email to sendmaterial@proxyvote.com. If sending an email, please include your control number (indicated below) in the subject line. Unless requested, you will not otherwise receive a paper or email copy.



For complete information and to vote, visit www.ProxyVote.com

Control #

Smartphone users

Point your camera here and
vote without entering a
control number



Vote in Person at the Meeting*

March 31, 2023
10:00 AM PDT

McMillan LLP
1055 West Georgia Street, Suite 1500
Vancouver, BC V6E 4N7
Canada

*Please check the meeting materials for any special requirements for meeting attendance. At the meeting, you will need to request a ballot to vote these shares.

THIS IS NOT A VOTABLE BALLOT

This is an overview of the proposals being presented at the upcoming stockholder meeting. Please follow the instructions on the reverse side to vote these important matters.

Voting Items	Board Recommendations
1. To elect the following as directors:	
Nominees:	
1a. Michael Mills	✔ For
1b. Brent Reuter	✔ For
1c. Stephen Hoffman	✔ For
1d. Alexis Podesta	✔ For
1e. Joshua Rosen	✔ For
2. To ratify the appointment of Sadler, Gibb & Associates, LLC, as the Company's independent registered public accounting firm.	✔ For
3. To approve the Company's new 2023 Stock and Incentive Plan, being a fixed number plan, as more particularly described in the Schedule 14A - Proxy Statement.	✔ For
4. To approve, on a non-binding advisory basis, the compensation of our named executive officers, as more particularly described in the Schedule 14A - Proxy Statement.	✔ For

NOTE: Such other business as may properly come before the meeting or any adjournment thereof.