



Silo Wellness Appoints Phytomedicine Business Leader as Board Member

TORONTO, April 20, 2021 (GLOBE NEWSWIRE) -- Silo Wellness Inc. (CSE: SILO) (FRA:3K70), a wellness company in the psychedelics and functional mushroom marketplaces is pleased to announce today the appointment of its newest board member, Wayne Isaacs, a seasoned Jamaican-Canadian businessman and leader in natural, plant-based medicines. The appointment comes following the recent passing of board member, Maurice 'Moe' Colson, announced last week.

Wayne Isaacs joins the board of Silo Wellness following nearly two decades serving in key leadership roles from President to Chief Executive Officer of several Toronto, Canada-based mineral exploration companies including Forsys Metals Corporation, Augustine Ventures, Inc. and Delta Uranium, Inc. As one of the first movers in the legalized Jamaican cannabis industry, Mr. Isaacs presently serves as CEO of Green Stripe Naturals, which was formed to take advantage of the tremendous worldwide opportunities in medicinal cannabis via vertically integrated business efforts on the island nation. Isaacs has business interests in natural medical-based solutions companies in Spain as well as co-owning a medical clinic in Ontario, Canada.

"I couldn't be more delighted to welcome Wayne Isaacs to the board of Silo Wellness," stated Douglas K. Gordon, Chief Executive Officer of Silo Wellness. "I have known Wayne for the past few years as a leading entrepreneur who had the foresight and business acumen to succeed as an early mover in the legal cannabis movement in Jamaica. With his vast leadership experience in the public sector, Wayne brings a substantial degree of expertise in the plant-based wellness segment as well as direct knowledge building businesses in developed and emerging economies that will collectively add great value to Silo Wellness as we continue to expand globally."

Jamaican born, Mr. Isaacs was educated at the prestigious Western University in Ontario and spent the majority of his career on Bay Street specializing in the resource sector both as a corporate executive of resource companies and as an investment banker. When not sitting on other corporate boards and serving as senior-most leader of both public and private companies, Isaacs chairs and participates in many international industry and thought leadership conferences as panelist, presenter and speaker.

"Shortly after entering the cannabis industry here in Jamaica, I had the great fortune of meeting Douglas Gordon, who was already active in the space driving thought leadership for this burgeoning category. While we became initially acquainted through our joint interests in cannabis and CBD, it was ultimately our shared belief in the benefits of Phytomedicine that expanded the conversation to include psilocybin and psychedelic mushrooms," explained Mr. Isaacs. "What attracts me most to serving as board member for Silo Wellness is the opportunity to provide strategic consultation to the company's unique product offering. I am committed to furthering the mission of Silo Wellness by helping to bring the positive benefits of psilocybin to a broader consumer audience, emerging markets as well as the medical community writ large."

As part of the appointment of Mr. Isaacs, Silo Wellness has granted 200,000 stock options to Mr. Isaacs pursuant to Silo Wellness' stock option plan. The stock options vest immediately and may be exercised at a price of \$0.25 per common share for a period of five years from the date of issue.

About Silo Wellness

The mission of Silo Wellness is to improve health and wellness by developing and introducing psychedelic medicine to reduce trauma and increase performance by destigmatizing the active compounds in psychedelics and innovating ease of administration and ingestion. Silo Wellness intends to introduce new, safe and affordable alternatives to current medicines by facilitating entry into new and emerging markets where psychedelics are legal by conducting ketamine and psilocybin wellness retreats and elsewhere by manufacturing and distributing functional mushrooms.

Since its inception, Silo Wellness' activities have focused on: (1) development of psilocybin-free functional mushroom tinctures; (2) the development of the formulation of a psilocybin nasal spray in Jamaica; and (3) offering of Jamaican and Oregon psychedelic wellness retreats as well as the cultivation of psychedelic mushrooms in Jamaica. None of Silo Wellness' products claim to cure or mitigate any physical or mental disease, symptoms, disorders or abnormalities.

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This news release contains "forward-looking information" and "forward-looking statements" (collectively, "forward-looking statements") within the meaning of the applicable Canadian securities legislation. Other than statements of historical fact, all

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Readers should not place undue reliance on the forward-looking statements and information contained in this news release. Silo Wellness assumes no obligation to update the forward-looking statements of beliefs, opinions, projections, or other factors, should they change, except as required by law.

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