

Silo Wellness Announces Successful Launch of 2022 Psilocybin Retreat Schedule and other Corporate Updates

Toronto, Ontario--(Newsfile Corp. - February 23, 2022) - Silo Wellness Inc. (CSE: SILO) (OTCQB: SILFF) (FSE: 3K70) ("Silo Wellness" or the "Company"), a leading global psychedelics company, today announces several corporate updates.

On February 4, 2022, the Company completed its first Jamaican psilocybin retreat of 2022 entitled "Renew Your Purpose" (see press release of December 16, 2021). This five-day/four-night psilocybin-assisted retreat was centered around purpose and self-reflection with preparation focusing on themes present in author Jessica Huie's book [PURPOSE](#).

"I felt like a neural pathway in my brain had opened up. There was a release," stated Whitney Leming-Salisbury, a "Renew Your Purpose" retreat participant from the United States. "The combination of yoga, ceremonies, the workshops and one on one sessions with the guides, really solidified my integration with the medicine. Before you consider any other Earth medicine, I really think psilocybin is the best first step - especially with Silo, because the approach is gradual and gentle and there is no reason to fear at all - possibly the most beautiful approach I've ever had to a healing therapy."

"It is responses like Whitney's that gives our team our own sense of purpose," said Silo Wellness Chief Executive Officer Douglas K. Gordon. "This is why we do what we do: to safely introduce individuals to psychedelics in a legal place in the western hemisphere."

Additional scheduled retreats can be found at www.SiloWellness.com.

Other Corporate Updates

On February 11, 2022, the Silo Wellness functional mushroom brand Marley One sponsored a live and metaverse concert "For the Love of Hip Hop" held in Savannah, Georgia. It was headlined by Outcast's Big Boi and featured several other rap artists including Sleepy Brown, Goodie Mob, Young Dro, Lil Scrappy, Ying Yang Twins and Kurupt & Daz (see press release of February 10, 2022).

Effective February 22, 2022, the Company's wholly-owned subsidiary and Jungle Med Inc. have mutually cancelled their letter of intent for an exclusive licensing agreement for manufacturing, marketing, and distributing the Company's patent-pending, metered-dosing psilocybin nasal spray in Columbia and Brazil (see press release of April 15, 2021). A definitive agreement was not reached between the parties, although the company is continuing to explore potential working relationships.

For more information about Silo Wellness, please visit <https://www.silowellness.com/>. To buy Marley One products, please visit <https://marleyone.com/>.

ABOUT SILO WELLNESS

Silo Wellness is a growth-oriented holding company focused on functional mushroom and psychedelic opportunities that benefit from a unified ecosystem and exceptional leadership. Founded in 2018 and headquartered in Toronto, Silo Wellness has operations in Jamaica and Oregon. Silo Wellness is a publicly-traded company on the Canadian (CSE: SILO) and Frankfurt (FSE: CK70) exchanges and trading on the OTCQB Venture Market (OTCQB: SILFF).

Silo Wellness offers a diverse and growing portfolio of functional mushroom products, psychedelic wellness retreats in Jamaica and Oregon, cultivation of psychedelic mushrooms and truffles in Jamaica, development of a brick-and-mortar smart shop in Jamaica, and intellectual property, focused initially on

the commercialization of its metered-dosing psilocybin nasal spray.

In March 2021, Silo Wellness announced a multi-year licensing agreement with the family of legendary musician Bob Marley for the exclusive worldwide rights to brand, market and sell a distinct product line of functional and psychedelic mushrooms. The Marley One line of functional mushrooms is available at www.MarleyOne.com.

For more information about Silo Wellness, please visit www.silowellness.com.

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