



NOTICE OF ANNUAL GENERAL MEETING OF SHAREHOLDERS

NOTICE is hereby given that the Annual General Meeting of shareholders of Hemp for Health Inc. (the “Company”) will be held on Tuesday, November 16, 2021, through a virtual-only format via the internet, hosted in Vancouver, B.C. at the hour of 9:00 a.m. (Vancouver time) for the following purposes:

1. To receive the audited financial statements of the Company for the year ended April 30, 2021, together with the auditor's report thereon and the Report of the Directors.
2. To appoint the auditor for the ensuing year.
3. To fix the number of directors for the ensuing year at four (4).
4. To elect directors to hold office until the next Annual General Meeting.
5. To transact such other business as may properly come before the meeting.

IMPORTANT NOTICE

In light of the ongoing public health concerns related to COVID-19, and based on government recommendations to avoid large gatherings, the Company will not be permitting attendance in person. Shareholders are urged to vote on the matters before the Meeting by proxy and to listen to the Meeting online. Registered shareholders or proxyholders representing registered shareholders participating in the Meeting virtually will be considered to be present in person at the Meeting for the purposes of determining quorum. Non-registered shareholders who have not duly appointed themselves as a proxyholder will be able to attend the Meeting as a guest, but will not be able to vote at the Meeting.

All shareholders are entitled to attend and vote at the Meeting virtually in person or by proxy. The Board of Directors (the “Board”) requests that all shareholders who will not be attending the Meeting read, date and sign the accompanying proxy and deliver it to TSX Trust Company (“TSX Trust”). If a shareholder does not deliver a proxy to TSX Trust at 100 Adelaide St. W, Suite 301, Toronto, ON M5H 4H1 by 9:00 a.m. (Vancouver, British Columbia time) on Friday, November 12, 2021 (or before 48 hours, excluding Saturdays, Sundays and holidays before any adjournment of the meeting at which the proxy is to be used) then the shareholder will not be entitled to vote at the Meeting by proxy. Only shareholders of record at the close of business on October 4, 2020 will be entitled to vote at the Meeting.

Shareholders will have two options to access the Meeting, being via teleconference or through the Zoom application, which requires internet connectivity. Registered shareholders wishing to vote in person and any

shareholders wishing to view materials that may be presented by the Company's management will need to utilize the Zoom application but any shareholder may listen to the Meeting via teleconference. Registered shareholders participating via teleconference will not be able to vote in person at the Meeting as the Company's scrutineer must take steps to verify the identity of registered shareholders using the video features.

This notice is accompanied by a management information circular (the "Circular") and a form of proxy, which together provide additional information relating to the matters to be dealt with at the Meeting.

DATED at Vancouver, British Columbia, this 4th day of October 2021.

**BY ORDER OF THE BOARD OF DIRECTORS
of Hemp for Health Inc.**

(sgd) "*Robert Eadie*"
President & Chief Executive Officer