

Element Nutritional Sciences Inc.

Via SEDAR

November 21, 2022

TO ALL REGULATORS AND EXCHANGES

RE: Element Nutritional Sciences Inc. (the "Issuer")
Notice of Meeting and Record Dates

We advise the following with respect to the Issuer's upcoming Meeting of Security Holders:

1	Meeting Type	Annual General Meeting
2	Record Date for Notice of Meeting	November 22, 2022
3	Record Date for Voting (If Applicable)	November 22, 2022
4	Beneficial Ownership Determination Date	November 22, 2022
5	Meeting Date	December 23, 2022
6	Meeting Location	Toronto, ON
7	Voting Securities Details	
8	Description (Class)	Common
9	ISIN / CUSIP	CA28619R1047 / 28619R104
10	Issuer sending proxy related materials directly to Non-Objecting Beneficial Owners (NOBOs)	No
11	Issuer paying for mailing to Objecting Beneficial Owners (OBOs)	No
12	Notice and Access	
	Beneficial Holders	No
	Registered Holders	No
13	Material Selection	A - All

Regards,

"Shaun Power"

Shaun Power, CFO and Corporate Secretary
Element Nutritional Sciences Inc.