

# Element Nutritional Sciences Inc.

Via SEDAR

December 23, 2022

TO ALL REGULATORS AND EXCHANGES

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

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

1	<b>Meeting Type</b>	Annual General Meeting
2	<b>Record Date for Notice of Meeting</b>	January 17, 2023
3	<b>Record Date for Voting (If Applicable)</b>	January 17, 2023
4	<b>Beneficial Ownership Determination Date</b>	January 17, 2023
5	<b>Meeting Date</b>	February 21, 2023
6	<b>Meeting Location</b>	Toronto, ON
<b>7 Voting Securities Details</b>		
8	<b>Description (Class)</b>	Common
9	<b>ISIN / CUSIP</b>	CA28619R1047 / 28619R104
<b>10 Issuer sending proxy related materials directly to Non-Objecting Beneficial Owners (NOBOs)</b>		
		No
<b>11 Issuer paying for mailing to Objecting Beneficial Owners (OBOs)</b>		
		No
<b>12 Notice and Access</b>		
	<b>Beneficial Holders</b>	No
	<b>Registered Holders</b>	No
13	<b>Material Selection</b>	A - All

Regards,

*"Stuart Lowther"*

Stuart Lowther, CEO  
Element Nutritional Sciences Inc.