

Optimi Health Finalizes Planned Build-Out of Mushroom Production and Research Facility

Awards contracts for interior finishing and technology installation

VANCOUVER, British Columbia, April 27, 2021 (GLOBE NEWSWIRE) -- **Optimi Health Corp.** (CSE: OPTI) (OTC: OPTHF) (FRA: 8BN) ("Optimi" or the "Company"), developers of a vertically integrated functional mushroom brand focused on the health and wellness sector, is pleased to offer an activity update at its 20,000 sq. ft. production and research facility in Princeton, British Columbia.

Optimi is advancing rapidly to final build-out of its two adjacent 10,000 square foot facilities which began construction in August of 2020. With the return of milder weather, final touches to exterior services, perimeter and access controls are well underway. The Company utilized the winter season to assess construction progress and to finalize a short list of contractors best suited for the critical interior layout. The entire process from engineering to tender process is now complete with all tenders graded through a fair percentile grading process including reference checks. For security purposes the tender winners' names will be withheld but have met or exceeded the requirements per our engineering, responsiveness, and cost criteria.

All required building related permits have been obtained, and some materials have begun arriving onsite for inventory storage until required by the respective trades. Advanced HVAC equipment and controls, fire suppression, and 700kw backup electrical power systems have been contracted and are, or soon will be in transit to Princeton. Security systems play a major role to meet regulatory compliance for the companies stated goal to produce both functional and psychoactive mushroom products in-house. Perimeter intrusion detection incorporates a "smart" fence consisting of a robust chain-link fencing system which in conjunction with an integrated camera system and fence disturbance sensors, combines with wireless gate access including contact sensors and magnetic locks controlled by dual verification card readers and video intercom stations.

Agricultural production will be enhanced through the professional installation of an advanced Argus control system which provides software and hardware features such as secured local and remote connections, multiple user profiles, real-time monitoring and alarming of all critical environmental and system parameters, data recording, graphing, logging, exporting and data import for climate simulation, in a user-friendly, scalable control environment specifically designed for horticulture.

In addition, and in accordance with Health Canada protocols, the facility will include a Region III, Level 8 product vault with a projected capacity to initially secure a licensed 50kg of Psilocybin with the ability, subject to future licensing, to easily scale up to a maximum allowable level 8 capacity of 1,250kg. The company, in accordance with the respective physical security directives, has developed a comprehensive security plan and assigned responsibility for 24/7 management to its chief of security. This includes facility-wide personnel verification and tracking, intrusion or emergency notifications, CCTV monitoring and video archive of all secure areas, and further includes active response coordination with local emergency, fire and police services located nearby.

City of Princeton, Director of Economic Development, Mr. Gary Schatz notes, "I am excited to welcome Optimi Health into the Town of Princeton Industrial Park. The addition of such a cutting-edge company will help to further diversify the Princeton Economic landscape and create quality employment opportunities for our community. Optimi Health's investment into the town is another example of the renaissance the Town of Princeton is experiencing and fits perfectly into the Town's overall revitalization strategy. In my opinion they are doing an excellent job introducing this alternative business venture into our community and we are pleased to have them as a member of our business community."

Optimi Health COO and Director, Bryan Safarik comments, "Activities are moving ahead rapidly, and every day brings us another step closer to moving in and getting to work. We are extremely excited by the interest in our venture and pleased by the response to our commitment to all-natural products. We aim to become the leading supplier of natural mushroom-based goods to the health & wellness community, as well as a future developer of clinically proven therapeutic psilocybin formulations for discerning users who understandably prefer a non-synthetic solution for what are very personal care solutions. Mental health care options are going to change with the advent of innovative products, and we believe the finest products come from nature – naturally. We are passionate about delivering the best and we plan to build our brand based on that. This is what this entire facility in Princeton is dedicated to, and we are committed to a plan of action designed to deliver a simple outcome; the very finest Canadian made and naturally optimized mushroom products available."

On Behalf of the Board of Directors, Optimi Health Corp.

Mike Stier
President, Chief Executive Officer and Director

ABOUT OPTIMI (CSE: OPTI) (OTC: OPTHF) (FRA: 8BN)

Optimi is developing a sophisticated mushroom brand that focuses on the health and wellness markets. With a vertically integrated approach, Optimi intends to cultivate, extract, process and distribute high quality functional mushroom products at its two facilities comprising a total of 20,000 square feet nearing completion in Princeton, British Columbia. To fully investigate the science of mushrooms, the Company has received a research exemption under Health Canada Food and Drug Regulations (FDR) for the use of Psilocybin and Psilocin for scientific purposes via its wholly owned subsidiary Optimi Labs Inc. Optimi has

also applied for a dealer's license under Canada's Narcotic Control Regulations governing possession, distribution, sale, laboratory analysis of and research and development of Psilocybin and Psilocin formulations. Optimi is committed to expert cultivation and quality production subject to and in accordance with the terms of all applicable laws and governing regulations to ensure safe, superior Canadian fungi production.

Find out more at: <https://optimihealth.ca/>.

FOR FURTHER INFORMATION CONTACT:

Investor Relations

Email: investors@optimihealth.ca

Phone: +1 (778) 930-1321

Web: <https://optimihealth.ca/>

FORWARD-LOOKING STATEMENTS

This news release contains forward-looking statements and forward-looking information within the meaning of Canadian securities legislation (collectively, "forward-looking statements") that relate to Optimi's current expectations and views of future events. Any statements that express, or involve discussions as to, expectations, beliefs, plans, objectives, assumptions or future events or performance (often, but not always, through the use of words or phrases such as "will likely result," "are expected to," "expects," "will continue," "is anticipated," "anticipates," "believes," "estimated," "intends," "plans," "forecast," "projection," "strategy," "objective," and "outlook") are not historical facts and may be forward-looking statements and may involve estimates, assumptions and uncertainties which could cause actual results or outcomes to differ materially from those expressed in such forward-looking statements. No assurance can be given that these expectations will prove to be correct and such forward-looking statements included in this news release should not be unduly relied upon. These statements speak only as of the date of this news release. In particular and without limitation, this news release contains forward-looking statements pertaining to the dealer's license application, activities proposed to be conducted under the Company's research exemption and associated business related to Psilocybin and Psilocin and Optimi's plans, focus and objectives.

Forward-looking statements are based on a number of assumptions and are subject to a number of risks and uncertainties, many of which are beyond Optimi's control, which could cause actual results and events to differ materially from those that are disclosed in or implied by such forward-looking statements. Such risks and uncertainties include, but are not limited to, the impact and progression of the COVID-19 pandemic and other factors set forth under "Forward-Looking Statements" and "Risk Factors" in the Company's Final Prospectus dated February 12, 2021. Optimi undertakes no obligation to update or revise any forward-looking statements, whether as a result of new information, future events or otherwise, except as may be required by law. New factors emerge from time to time, and it is not possible for Optimi to predict all of them or assess the impact of each such factor or the extent to which any factor, or combination of factors, may cause results to differ materially from those contained in any forward-looking statement. Any forward-looking statements contained in this news release are expressly qualified in their entirety by this cautionary statement.

The CSE does not accept responsibility for the adequacy or accuracy of this release.