



Optimi Health Launches E-Commerce Platform Featuring All-Natural Functional Mushroom Supplements

--B.C. company brings highest quality fruiting body mushroom formulations to the Canadian nutraceutical market

VANCOUVER, British Columbia., Feb. 22, 2022 -- **Optimi Health Corp.** (CSE: OPTI) (OTCQB: OPTHF) (FRA: 8BN) ("Optimi" or the "Company"), developers of a vertically integrated mushroom brand targeting functional and novel psychedelic compounds for the health and wellness sector, is pleased to announce the official launch of its line of functional mushroom supplements to Canadian consumers. The B.C.-based company is transforming the health and wellness space with formulations made with the highest quality fruiting body mushrooms for whole body and mind optimization.

Through www.optimilife.com, Optimi is now selling high-demand functional mushroom varieties such as Lion's Mane, Reishi, Turkey Tail, Chaga and Cordyceps, which are all known for their significant health benefits and are now being widely adopted by the Western market. Through an eight-hour, eight-step hot water process using highly filtered and naturally mineralized water to break down antinutrients and optimize the fruiting body material, Optimi's nutraceuticals deliver the maximum benefits from each ingredient.

"As a Canadian company, we are thrilled to bring the significant health benefits of functional mushrooms directly to Canadians and beyond," says JJ Wilson, Optimi's Board Chair. "We pride ourselves in offering an industry leading line of supplements made with the highest quality fruiting body mushrooms so Canadians can enjoy all the cognitive and physical benefits of this next level superfood. With operations set to launch at our Princeton facility, we look forward to ultimately growing and cultivating as many of our own functional mushroom strains as possible to vertically-integrate the Company, right here in Canada."

With an evolving line of six mushroom-based supplements and a vegan protein powder featuring an advanced mushroom complex, Optimi is bringing these health benefits directly to Canadian consumers. Every Optimi product contains nutrient-dense fungi extracted from the whole fruiting body, which provides body and mind benefits such as stress resistance, immune support, energy, stamina, cognition and focus for enhanced physical and mental well-being. Optimi's science-backed supplements are clean, powerful, and effective for maximum health optimization and increased performance.

Optimi prides itself on supplying the best mushrooms, adhering to cultivation and extraction methods that preserve the integrity and benefits of the raw material. By using clear, simple and easy-to-understand packaging, the brand aims to demystify functional mushrooms and strip away complexity for consumers.

"Our team of researchers, formulators and quality assurance experts at Optimi is second-to-none in the nutraceutical industry," explains Bill Ciprick, CEO of Optimi Health Corp. "When we couple this expertise with the astute guidance of the Optimi Advisory Board, we can be confident in our ability to be leaders in the therapeutic and functional mushroom market."

Optimi's products are now available to Canadian consumers directly at www.optimilife.com and will launch in-store at select retailers later this year.

Bill Ciprick
Chief Executive Officer
Optimi Health Corp.

ABOUT OPTIMI (CSE: OPTI) (OTCQB: 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 and psychedelic 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 been granted 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/>.

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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 activities proposed to be conducted under the Company's dealer's license 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 Annual information Form dated January 12, 2022, and other continuous disclosure filings available under Optimi's profile at www.sedar.com. 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.

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