

Optimi Health Welcomes Dr. Preston Chase as New Chief Science Officer

VANCOUVER, British Columbia, November 7, 2023 – Optimi Health Corp. (CSE: OPTI) (OTCQX: OPTHF) (FRA: 8BN), a leading Canadian psychedelics drug research and formulation company, is delighted to announce the appointment of Dr. Preston A. Chase as the Company's Chief Science Officer ("**CSO**").

Dr. Chase is a distinguished Research & Development ("**R&D**") chemist and seasoned business professional with an impressive academic and industrial track record spanning over 25 years. His extensive experience includes pioneering the development and commercialization of innovative products and processes for both multinational corporations and startup ventures. He holds a BSc from the University of Victoria and a PhD from the University of Calgary, and a solid foundation in catalysis, synthesis, and analytical chemistry. With over 30 peer-reviewed scientific publications and numerous awarded and pending patents, he brings a wealth of research expertise and a strong history of commercial success to the Optimi Health team.

Optimi Health CEO Bill Ciprick conveyed his excitement regarding Dr. Chase's addition to the team, remarking, "Dr. Chase brings invaluable business acumen and a passion to harness the potential of psychedelics for the betterment of people. His adeptness in overcoming challenges and accelerating decisions will propel Optimi's position as an industry frontrunner and help us achieve our long-term goals."

In his new role, Dr. Chase will take charge of shaping and advancing research capabilities and delivering safe, effective products to the nascent psychedelic market. His mandate includes the critical task of establishing the scientific validity and utility of Optimi's GMP psilocybin and MDMA drug candidates while fostering transparent communication with scientific and customer communities. He will also lead a core scientific team throughout the development process, ensuring that the Company continues to push the boundaries of innovation.

Further, his experience in analysis of botanicals for medical use will support the integrity of Optimi's drug candidates and the robustness of the Company's supply pathway, ensuring that Optimi meets the highest standards of quality assurance and regulatory compliance in cultivation and dose factor for its customers.

Expressing his commitment to Optimi's mission, Dr. Chase enthusiastically states, "I'm excited to be a part of a venture with the potential to profoundly improve the lives of many. I envision a promising future for Optimi Health and am eager to guide our scientific pursuits toward pioneering accomplishments."

Optimi is also announcing the appointment of Abigail Ranger who will join Dr. Chase's core science team on November 1st as the Company's Analytical and GMP Laboratory Manager. Ms. Ranger brings extensive professional experience in GMP laboratory operations, research project development, and validation protocols to Optimi.

As Dr. Chase assumes leadership of Optimi's R&D and science-driven protocols, the Company extends its appreciation to Justin Kirkland, the departing CSO, for his devoted service to Optimi during the last two years. Mr. Kirkland will continue his association with the Company as a project consultant.

Optimi Health warmly welcomes both Dr. Chase and Ms. Ranger to the Optimi team and anticipates an era of remarkable scientific progress under their guidance.

www.optimihealth.ca

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

Optimi Health Corp. is an end-to-end Canadian-based drug researcher and formulator licensed by Health Canada to produce and supply psychedelic substances such as 3,4-Methylenedioxymethamphetamine ("MDMA") and natural, GMP-grade psilocybin, as well as functional mushrooms that focus on the health and wellness markets. Built with the purpose of producing scalable psychedelic formulations for transformational human experiences, the Company's goal is to be the number one trusted, compassionate supplier of safe drug products throughout the world. Optimi's products are grown at its two facilities comprising a total of 20,000 square feet in Princeton, British Columbia, making it the largest psilocybin and MDMA producer in North America.

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.

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 9, 2023, and other continuous disclosure filings available under Optimi's profile at www.sedarplus.ca. 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.