



British Columbia  
Securities Commission

**RECEIPT**

**Adaptogenics Health Corp.**

This is the receipt of the **British Columbia Securities Commission** for the **Amended and Restated Preliminary Long Form Prospectus** dated **November 29, 2022** amending and restating the **Preliminary Long Form Prospectus** of the above Issuer dated **August 26, 2022**.

**November 30, 2022**

*Larissa M. Streu*

Larissa M. Streu  
Senior Legal Counsel, Corporate Finance

SEDAR Project Number 3434140