

August 25, 2023



*Filed via SEDAR*

To All Applicable Exchanges and Securities Administrators

**Subject: Adaptogenics Health Corp. (the "Issuer")  
Notice of Meeting and Record Date**

Dear Sir/Madam:

We are pleased to confirm the following information with respect to the Issuer's upcoming meeting of securityholders:

|   |                                  |
|---|----------------------------------|
| Meeting Type:                                     | Annual General & Special Meeting |
| Meeting Date:                                     | October 24, 2023                 |
| Record Date for Notice of Meeting:                | September 19, 2023               |
| Record Date for Voting (if applicable):           | September 19, 2023               |
| Beneficial Ownership Determination Date:          | September 19, 2023               |
| Class of Securities Entitled to Vote:             | Common Shares                    |
| ISIN:   | CA00654R1091                     |
| Issuer sending proxy materials directly to NOBOs: | Yes                              |
| Issuer paying for delivery to OBOs:               | No                               |
| Notice and Access for Beneficial Holders:         | No                               |
| Notice and Access for Registered Holders:         | No                               |

In accordance with applicable securities regulations we are filing this information with you in our capacity as agent of the Issuer.

Yours truly,

**Odyssey Trust Company  
as agent for Adaptogenics Health Corp.**