

# Notice of Annual General and Special Meeting of Shareholders of Adaptogenics Health Corp. (the "Company")

## When:

Tuesday, October 24, 2023  
10:00 a.m. (Pacific Time)

## Where:

Suite 1100 -1111 Melville Street  
Vancouver BC V6E 3V6

At the Annual General and Special Meeting (the "**Meeting**"), shareholders will be asked to:

- 1) receive the financial statements for the year ended March 31, 2023 and the auditor's report thereon;
- 2) set the number of directors at five (5);
- 3) elect the directors;
- 4) appoint Crowe MacKay LLP as auditors, and authorize the directors to fix their remuneration;
- 5) confirm the Stock Option Plan;
- 6) consider any other business that may properly come before the Meeting.

You can read about each item of business starting on page 1 of the management proxy circular (the "**Circular**"), which also has information on voting and about our directors, governance and compensation.

If you were a holder of Common Shares as of the close of business on September 19, 2023, you have the right to vote at the Meeting.

**Your vote is important.** All shareholders are encouraged to vote by proxy. To ensure your vote is counted, your proxy must be received by 10:00 am (Pacific Time) on October 20, 2023 (the "**Proxy Deadline**"). Detailed voting instructions for registered and non-registered shareholders begin on page 5 of the Circular.

### **Attendance at the Meeting**

Due to COVID19 and in the best interest of the health of all participants in the Company's Meeting, the Company respectfully asks that only registered shareholders attend the Meeting in person. However, the Company strongly recommends that shareholders vote by **Proxy** or **VIF** in advance to ease the voting tabulation at the Meeting by Odyssey Trust Company.

Only persons registered as shareholders on the records of the Company as of the close of business on September 19, 2023 are entitled to receive notice of, and to vote or act at, the

Meeting. No person who becomes a shareholder after the Record Date will be entitled to vote or act at the Meeting or any adjournment thereof.

DATED at Vancouver, British Columbia

September 25, 2023

BY ORDER OF THE BOARD OF DIRECTORS

(signed) Daryl Ware-Lane

Daryl Ware Lane

Chief Executive Officer

**The Circular contains important information about Adaptogenics Health Corp. and the Meeting. We encourage you to review it prior to voting.**

**Not sure if you're a registered shareholder?**

See page 5 for more information.