

January 9, 2025



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:

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|---|--------------------------------|
| Meeting Type: | Annual General Special Meeting |
| Meeting Date: | March 10, 2025 |
| Record Date for Notice of Meeting: | February 3, 2025 |
| Record Date for Voting (if applicable): | February 3, 2025 |
| Beneficial Ownership Determination Date: | February 3, 2025 |
| Class of Securities Entitled to Vote: | Common Shares |
| ISIN: | CA00654R1091 |
| Issuer sending proxy materials directly to NOBOs: | No |
| 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.**