Notice of Availability of Proxy Materials for Lifeist Wellness Inc.'s Annual General Meeting

Meeting Date and Time: December 5, 2025 – 10:00 a.m. (EST)

Location: Ricketts Harris LLP, 250 Yonge Street, Suite 2200, Toronto ON M5B 2L7

Please be advised that the proxy materials for the above noted securityholder meeting are available for viewing and downloading online. This document provides an overview of these materials, but you are reminded to access and review the information circular and other proxy materials available online prior to voting. These materials are available at:

https://lifeist.com/investors/events-and-presentations/events/event-details/Dec2025/AGM

OR

www.sedarplus.ca

Obtaining Paper Copies of the Proxy Materials

Securityholders may request to receive paper copies of the proxy materials related to the above referenced meeting by mail at no cost. Requests for paper copies must be received by **November 25, 2025** in order to receive the paper copy in advance of the meeting. Shareholders may request to receive a paper copy of the proxy materials for up to one year from the date such materials were filed on www.sedarplus.ca. There is no charge to you for requesting a copy.

For more information regarding notice-and-access or to obtain a paper copy of the proxy materials you may contact Lifeist Wellness Inc. by telephone: toll free at: 1-888-239-5224 or by email at: info@lifeist.com.

Notice of Meeting

The resolutions to be voted on at the meeting, described in detail in the Management Information Circular dated October 22, 2025 (the "**Information Circular**"), are as follows:

1. To receive the audited financial statements of the Company for the fiscal year ended November 30, 2024, together with the auditor's report thereon;
2. To appoint Clearhouse LLP, Chartered Professional Accountants, as the Company's auditors (see "*Appointment of Auditor*" in the Information Circular;
3. To elect directors of the Company for the ensuing year (see "*Election of Directors*" in the Information Circular);
4. To ratify for continued use the Company's Amended and Restated Stock Option Plan (see "*Ratification of the Amended and Restated Stock Option Plan*" in the Information Circular); and
5. To transact any other business which may properly come before the Meeting or any adjournment or postponement thereof.

Voting

PLEASE NOTE – YOU CANNOT VOTE BY RETURNING THIS NOTICE. To vote your securities, please refer to the instructions on the enclosed Proxy or Voting Instruction Form. Your Proxy or Voting Instruction Form must be received by **10:00 a.m. (EST) on December 3, 2025**.

Stratification

The Issuer is providing paper copies of its Management Information Circular only to those registered shareholders and beneficial shareholders that have previously requested to receive paper materials.

Annual Financial Statements

The Issuer is providing paper copies or emailing electronic copies of its annual financial statements to registered shareholders and beneficial shareholders that have opted to receive annual financial statements and have indicated a preference for either delivery method.