

LIFEIST WELLNESS INC.

NOTICE OF ANNUAL GENERAL MEETING OF SHAREHOLDERS

NOTICE IS HEREBY GIVEN that the annual general meeting of the shareholders of **LIFEIST WELLNESS INC.** (the “**Company**”) will be held in the Ballroom Trillium A of the Hilton Garden Inn Toronto Airport, 3311 Caroga Drive, Mississauga, ON L4V 1A3 on Monday, December 19, 2022, at 9:30 a.m. (Toronto time) and any adjournment or postponement thereof (the “**Meeting**”), for the following purposes:

1. To receive the audited financial statements of the Company for the fiscal year ended November 30, 2021, together with the auditor’s report thereon;
2. To appoint Baker Tilly WM LLP, Chartered Public Accountants, as the Company’s auditors until the close of the next annual general meeting of the shareholders of the Company or until a successor is appointed, and to authorize the directors of the Company to fix the remuneration of the auditors for the ensuing year;
3. To elect the directors of the Company to serve until the close of the next annual general meeting of the shareholders or until their successors are duly elected or appointed, as more particularly set forth in the accompanying Management Information Circular (the “**Information Circular**”);
4. To consider and, if appropriate, with or without variation, an ordinary resolution, substantially in the form set out in the Information Circular, approving the ratification and use of the Company’s Amended and Restated Stock Option Plan, as more specifically set out in the accompanying Information Circular; and
5. To transact any other business which may properly come before the Meeting or any adjournment or postponement thereof.

The Company has elected to use the notice-and-access provisions under National Instrument 54-101 and National Instrument 51-102 (“**Notice and Access Provisions**”) for this Meeting. Notice and Access Provisions are a set of rules developed by the Canadian Securities Administrators that reduce the volume of materials that must be physically printed and mailed to shareholders of the Company (“**Shareholders**”) by allowing the Company to post the Information Circular and any additional materials online. Under Notice-and-Access Provisions, instead of receiving printed copies of the Meeting materials, Shareholders will receive a Notice-and-Access notification containing details of the Meeting date and information on how they can access the Meeting materials electronically. Shareholders will also receive a form of proxy (for registered shareholders) or a voting instruction form (for beneficial shareholders), allowing each Shareholder to submit their vote by proxy at the Meeting.

The Information Circular is available at <https://lifeist.com/investors/events-and-presentations/events/event-details/2022/AGM> and under the Company’s profile on SEDAR at www.sedar.com. Any Shareholder who wishes to receive a paper copy of the Information Circular should contact the Company by telephone: toll free at: 1 888 291 8311 or by email at: info@lifeist.com. A Shareholder may also use the telephone number noted above to obtain additional information about the Notice-and-Access Provisions. Under Notice-and-Access Provisions, meeting related materials will be available for viewing for up to one year from the date of posting and a paper copy of the materials can be requested at any time during this period.

In order to allow for reasonable time to be allotted for a Shareholder to receive and review a paper copy of the Information Circular before the deadline for the receipts of proxies, being 9:30 a.m. (Toronto time) on Thursday, December 15, 2022, any Shareholder wishing to request a paper copy of the Information Circular as described above should ensure such request is received by the Company no later than December 2, 2022.

The Information Circular contains details of matters to be considered at the Meeting. Regardless of whether a Shareholder plans to attend the Meeting, the Company requests that each Shareholder please complete

and deliver the form of proxy, or follow the other voting procedures, all as set out in the form of proxy and Information Circular.

Non-registered Shareholders who plan to attend the Meeting must follow the instructions set out in the form of proxy or voting instruction form provided to them and in the Information Circular to ensure that their shares will be voted while the Meeting is in session. A Shareholder who holds shares through a brokerage account is a non-registered Shareholder.

NOTE OF CAUTION CONCERNING THE CORONAVIRUS (“COVID-19”) PANDEMIC

While as of the date of this Notice and accompanying Information Circular, the Company intends to hold the Meeting in physical in-person format, it is vigilantly and continuously monitoring the COVID-19 pandemic for any possible resurgence thereof in the fall season. In light of the guidelines related to the COVID-19 pandemic, the Company asks that, in considering whether to attend the Meeting in person, shareholders follow, among other things, the instructions of the Public Health Agency of Canada (<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>) and any applicable additional provincial and local instructions. Shareholders should not attend the Meeting in person if you are experiencing any cold or flu-like symptoms, or if they or someone with whom they have been in close contact has travelled to/from outside of Canada within the 14 days prior to the Meeting.

Accordingly, all shareholders are strongly encouraged to vote prior to the Meeting by any of the means described in the Management Information Circular.

The Company reserves the right to take any additional precautionary measures it deems appropriate in relation to the Meeting in response to further developments in respect of the COVID-19 pandemic including, if considered necessary or advisable, providing a virtual webcast version of the Meeting and/or hosting the Meeting solely by means of remote communication, placing restrictions on in-person attendance, or postponing or adjourning the Meeting.

Changes to the Meeting date and/or means of holding the Meeting may be announced by way of press release. Please monitor the Company's press releases as well as the Company's website at www.lifeist.com for any updated information. If applicable and as appropriate, the Company will provide required information on the logistical details of a virtual or hybrid Meeting including how a shareholder can remotely access, participate in and vote at such Meeting. An amended Information Circular and other amended Meeting proxy materials will not be mailed out in the event of changes to the Meeting format.

DATED at Toronto, Ontario, this 7th day of November, 2022

BY ORDER OF THE BOARD

/s/ "Meni Morim"

Meni Morim
Chief Executive Officer