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September 14, 2023

**To: Ontario Securities Commission
British Columbia Securities Commission
Alberta Securities Commission
Financial And Consumer Services Commission, New Brunswick
The Manitoba Securities Commission
Nova Scotia Securities Commission
Office of the Superintendent of Securities, Newfoundland and Labrador
Financial And Consumer Affairs Authority of Saskatchewan
Prince Edward Island Office of the Superintendent of Securities**

**Re: Lifeist Wellness Inc.
Change of Auditor Notice dated September 14, 2023**

Pursuant to section 4.11 of National Instrument 51-102, we have read the Change of Auditor Notice (the "Notice") and agree with the statements contained in the Notice pertaining to our firm.

Baker Tilly WM LLP

Baker Tilly WM LLP
Chartered Professional Accountants, Licensed Public Accountants