

Proxy Voting – Guidelines and Conditions

1. THIS PROXY IS SOLICITED BY OR ON BEHALF OF THE MANAGEMENT OF THE CORPORATION.
2. THIS PROXY SHOULD BE READ IN CONJUNCTION WITH THE MEETING MATERIALS PRIOR TO VOTING.
3. If you appoint the Management Nominees indicated on the reverse to vote on your behalf, they must also vote in accordance with your instructions or, if no instructions are given, in accordance with the Voting Recommendations highlighted for each Resolution on the reverse. If you appoint someone else to vote your securities, they will also vote in accordance with your instructions or, if no instructions are given, as they in their discretion choose.
4. This proxy confers discretionary authority on the person named to vote in their discretion with respect to amendments or variations to the matters identified in the Notice of the Meeting accompanying the proxy or such other matters which may properly come before the meeting or any adjournment or postponement thereof.
5. The securityholder has a right to appoint a person or company to represent the securityholder at the meeting other than the person or company designated in the form of proxy. Such right may be exercised by inserting, on the reverse of this form, in the space labeled "Please print appointee name", the name of the person to be appointed, who need not be a securityholder of the Corporation.
6. To be valid, this proxy must be signed. Please date the proxy. If the proxy is not dated, it is deemed to bear the date of its mailing to the securityholders of the Corporation.
7. To be valid, this proxy must be filed using one of the Voting Methods and must be received by TSX Trust Company before the Filing Deadline for Proxy, noted on the reverse or in the case of any adjournment or postponement of the meeting not less than 48 hours (Saturdays, Sundays and holidays excepted) before the time of the adjourned or postponed meeting. Late proxies may be accepted or rejected by the Chair of the meeting in their discretion, and the Chair is under no obligation to accept or reject any particular late proxy.
8. If the holder is a corporation, the proxy must be executed by an officer or attorney thereof duly authorized, and the holder may be required to provide documentation evidencing the signatory's power to sign the proxy.
9. Guidelines for proper execution of the proxy are available at www.stac.ca. Please refer to the Proxy Protocol.

Electronic Delivery
If you are a registered securityholder and wish to enroll for electronic delivery for future issuer communications including meeting related materials, financial statements, DRS, etc., where applicable, you may do so:

- 1) After you vote online at www.voteproxyonline.com using your control number.
- 2) Through TSX Trust's online portal, Investor Insite. You may log in or enroll at <https://www.tsxtrust.com/investor-login>

For details go to www.tsxtrust.com/consent-to-electronic-delivery

VOTING METHOD	
INTERNET	Go to https://www.meeting-vote.com and enter the 13 digit control numbers above 
FACSIMILE	416-607-7964
MAIL or HAND DELIVERY	TSX Trust Company BY MAIL: Proxy Department, P.O. Box 721, Agincourt, ON M1S 0A1 BY HAND: 301 - 100 Adelaide Street West, Toronto, Ontario, M5H 4H1

Investor Central
TSX Trust Company offers at no cost to holders, the convenience of secure 24-hour access to all data relating to their account including summary of holdings, transaction history, and links to valuable holder forms and Frequently Asked Questions.

To register, please visit: <https://www.tsxtrust.com/icreg> and complete the registration form.

For assistance, please contact TSX TRUST INVESTOR SERVICES.
Mail: 301 - 100 Adelaide Street West Toronto, ON, M5H 4H1
Tel: 1-800-387-0825 or 416-682-3860
Email: shareholderinquiries@tmx.com

FORM OF PROXY (“PROXY”)

Jamieson Wellness Inc.
(the “Corporation”)

Annual and Special Meeting
May 19, 2026 at 1:00 PM (EST)
<https://virtual-meetings.tsxtrust.com/1914>

SECURITY CLASS: Common Shares

RECORD DATE: March 30, 2026

FILING DEADLINE FOR PROXY: May 14, 2026 at 1:00 PM (EST)

APPOINTEES

The undersigned hereby appoints **Michael Pilato, President and Chief Executive Officer of Jamieson** or failing this person, **Christopher Snowden, Chief Financial Officer and Corporate Secretary of Jamieson** (the “Management Nominees”), or instead of any of them, the following Appointee

Please print appointee name

as proxyholder on behalf of the undersigned with the power of substitution to attend, act and vote for and on behalf of the undersigned in respect of all matters that may properly come before the meeting and at any adjournment(s) or postponement(s) thereof, to the same extent and with the same power as if the undersigned were personally present at the said meeting or such adjournment(s) or postponement(s) thereof in accordance with voting instructions, if any, provided below.

- SEE VOTING GUIDELINES ON REVERSE -

RESOLUTIONS - VOTING RECOMMENDATIONS ARE INDICATED BY **HIGHLIGHTED TEXT ABOVE THE BOXES**

	FOR	WITHHOLD
1. Election of Directors		
a) Heather Allen	<input type="checkbox"/>	<input type="checkbox"/>
b) Dr. Louis Aronne	<input type="checkbox"/>	<input type="checkbox"/>
c) Tania Clarke	<input type="checkbox"/>	<input type="checkbox"/>
d) Diane Nyisztor	<input type="checkbox"/>	<input type="checkbox"/>
e) Michael Pilato	<input type="checkbox"/>	<input type="checkbox"/>
f) Timothy Penner	<input type="checkbox"/>	<input type="checkbox"/>
g) Francois Vimard	<input type="checkbox"/>	<input type="checkbox"/>
h) Gayle Tait	<input type="checkbox"/>	<input type="checkbox"/>
i) Mei Ye	<input type="checkbox"/>	<input type="checkbox"/>
2. Appointment of Auditor		
To re-appoint Ernst & Young LLP as the auditors of Jamieson for the ensuing year and to authorize the directors of Jamieson to fix their remuneration.	<input type="checkbox"/>	<input type="checkbox"/>
3. Amended and Restated LTIP Resolution		
To consider and, if deemed advisable, to approve, with or without variation, an ordinary resolution (the full text of which is reproduced in Schedule “A” to the Management Information Circular) approving, ratifying and confirming the adoption of Jamieson’s fifth amended and restated long-term incentive plan and the unallocated options, rights or other entitlements thereunder.	<input type="checkbox"/>	<input type="checkbox"/>
4. Amended and Restated ESPP Resolution		
To consider and, if deemed advisable, to approve, with or without variation, an ordinary resolution (the full text of which is reproduced in Schedule “B” to the Management Information Circular) approving, ratifying and confirming the unallocated options, rights or other entitlements under Jamieson’s employee share purchase plan.	<input type="checkbox"/>	<input type="checkbox"/>
5. Advisory Vote on Approach to Executive Compensation		
To consider and, if deemed advisable, to approve an advisory resolution (the full text of which is reproduced in Schedule “C” to the Management Information Circular) on Jamieson’s approach to executive compensation.	<input type="checkbox"/>	<input type="checkbox"/>

This proxy revokes and supersedes all earlier dated proxies and **MUST BE SIGNED**

<i>PLEASE PRINT NAME</i>	<i>Signature of registered owner(s)</i>	<i>Date (MM/DD/YYYY)</i>
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- Interim Financial Statements** – Mark this box if you would like to receive Interim Financial Statements and Management’s Discussion and Analysis. **Annual Financial Statements** – Mark this box if you would like to receive Annual Financial Statements and Management’s Discussion and Analysis.

You may also go to TSX Trust’s website at services.tsxtrust.com/financialstatements and input code 3486C.