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Notice of Availability of Proxy Materials for JAMIESON WELLNESS INC. Annual General and Special Meeting

Meeting Date and Location:

When: May 27, 2021
2:00 pm (Eastern Time)

Where: Virtual Meeting via live audio webcast online at <https://web.lumiagm.com/237869397>. See “How do I Attend and Participate at the Meeting” on page 12 of the information circular or your form of proxy for instructions on how to attend the Annual and Special Meeting online.

You are receiving this notice to advise that the proxy materials for the above noted securityholders’ meeting are available on the Internet. This communication presents only an overview of the more complete proxy materials that are available to you on the Internet. We remind you to access and review all of the important information contained in the information circular and other proxy materials before voting.

The information circular and other relevant materials are available at:

www.jamiesonwellness.com

OR

www.sedar.com

How to Obtain Paper Copies of the Proxy Materials

Securityholders may request to receive paper copies of the current meeting materials by mail at no cost. Requests for paper copies may be made using your Control Number as it appears on your enclosed Voting Instruction Form or Proxy. To ensure you receive the materials in advance of the voting deadline and meeting date, all requests must be received no later than May 17, 2021. If you do request the current materials, please note that another Voting Instruction Form/Proxy will not be sent; please retain your current one for voting purposes.

For Holders with a 15 digit Control Number:

To obtain paper copies of the materials before or after the meeting date, please contact 1-833-223-2666.

For Holders with a 16 digit Control Number:

To obtain paper copies of the materials before or after the meeting date, please contact 1-833-223-2666.

Securityholder Meeting Notice

The resolutions to be voted on at the meeting are listed below along with the Sections within the Information Circular where disclosure regarding the matter can be found.

1. **Election of Directors** - *Particulars of Matters to be Acted Upon at the Meeting – Election of Directors*
2. **Appointment of Auditors** - *Particulars of Matters to be Acted Upon at the Meeting – Appointment of Auditors*
3. **Adoption of By-Law No. 2** - *Particulars of Matters to be Acted Upon at the Meeting – Special Business – Approval of the Amended and Restated By-Laws*
4. **Advisory Vote on Approach to Executive Compensation** - *Particulars of Matters to be Acted Upon at the Meeting – Advisory Vote on Approach to Executive Compensation*

Voting

PLEASE NOTE – YOU CANNOT VOTE BY RETURNING THIS NOTICE. To vote your securities you must vote using the methods reflected on your enclosed Voting Instruction Form or Proxy.

PLEASE VIEW THE INFORMATION CIRCULAR PRIOR TO VOTING

Annual Financial statement delivery

- Only Registered and Beneficial holders who opted to receive one