



NEWS RELEASE

Jamieson Wellness Inc. Announces Date of First Quarter 2025 Financial Results and Conference Call

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TORONTO--(BUSINESS WIRE)-- Jamieson Wellness Inc. ("Jamieson Wellness" or the "Company") (TSX:JWEL) announced today that the Company will release its first quarter 2025 financial results after the market close on Thursday, May 8, 2025. The Company will host a conference call for investors at 5:00 p.m. Eastern Time to discuss the first quarter 2025 results.

The call can be accessed live over the telephone by dialing 1-844-763-8274 from Canada and the U.S. or 1-647-484-8814 from international locations. A replay will be available shortly after the call and can be accessed by dialing 1-855-669-9658 from Canada and the U.S. or 1-412-317-0088 from international locations. The passcode for the replay is 5475970 and it will be available until Sunday, June 8, 2025.

Interested parties may listen to a simultaneous webcast of the conference call by logging on via the Investor Relations section of the Company's website at <https://investors.jamiesonwellness.com> or directly at <https://www.gowebcasting.com/14031>. A replay of the webcast will be available for approximately 30 days following the call.

About Jamieson Wellness Inc.

Jamieson Wellness is dedicated to Inspiring Better Lives Every Day with its portfolio of innovative natural health brands. Established in 1922, the Jamieson brand is Canada's #1 vitamins, minerals and supplements ("VMS") brand. The Company's youtheory brand, acquired in 2022, is an established and growing lifestyle brand in the U.S. Combined, these global brands are available in more than 50 countries worldwide. The Company also offers a

variety of innovative VMS products as well as sports nutrition products to consumers in Canada with its Progressive, Smart Solutions, Iron Vegan and Precision brands. The Company is a participant of the United Nations Global Compact and adheres to its principles-based approach to responsible business. For more information please visit jamiesonwellness.com.

Jamieson Wellness' head office is located at 1 Adelaide Street East Suite 2200, Toronto, Ontario, Canada.

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