



NEWS RELEASE

Jamieson Wellness to Host Investor Day on March 27th

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TORONTO--(BUSINESS WIRE)-- Jamieson Wellness Inc. ("Jamieson Wellness" or the "Company") (TSX: JWEL) will host an Investor Day in Toronto tomorrow, Thursday, March 27, 2025. Senior management will present the Company's strategic vision, growth outlook, and competitive market positioning for institutional investors and analysts.

President and CEO Mike Pilato will open the event at 9:15 a.m. EDT, followed by presentations from senior executives throughout the day. The event will conclude with an interactive question-and-answer session.

Due to capacity limitations, in-person attendance is by invitation only. There will be a **live webcast** of the presentation. A replay of the presentation will be available in the **Presentations** section of the Company's website following the event.

About Jamieson Wellness

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 www.jamiesonwellness.com.

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

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