Have questions about this notice? Call the Toll Free Number below or scan the QR code to find out more.

Toll Free 1-866-964-0492

www.computershare.com/noticeandaccess

Notice of Availability of Proxy Materials for EAT WELL INVESTMENT GROUP INC. Annual General Meeting

Meeting Date and Location:

When: October 9, 2026
10:00 am (Pacific Time)

Where: Suite 1500 - 1055 W Georgia St.
Vancouver, BC

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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:

https://eatwellgroup.com/agm

OR

www.sedarplus.ca

How to Obtain Paper Copies of the Proxy Materials

If you would like to receive a paper copy of the current meeting materials by mail, you must request one. There is no charge to you for requesting a copy.

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Call us toll-free at 1-833-553-5556 to request a paper copy of the materials for the current meeting.

To ensure you receive the material in advance of the voting deadline and meeting date, all requests must be received by us no later than by September 29, 2026 to ensure timely receipt. 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.

To obtain paper copies of the materials after the meeting date, please contact the Company toll-free 1-833-553-5556.

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** - To elect directors for the ensuing year. See the section entitled *Election of Directors* in the Information Circular

2. **Appointment of Auditors** - To appoint CM3 Advisory, Certified Public Accountants, as the auditor of the Company for the ensuing year, at a remuneration to be fixed by the board of directors. See the section entitled *Appointment of Auditor* in the Information Circular

3. **OMNIBUS INCENTIVE PLAN** - To ratify, confirm and approve the Company's new omnibus incentive plan adopted by the board of directors on August 12, 2026. See the section entitled *Approval of Omnibus Incentive Plan* in the Information Circular

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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

- No Annual Report (or Annual Financial Statements) is (are) included in this mailing