Adaptogenics Health Corp. Announces Non-Brokered Private Placement

Vancouver, British Columbia – November 16, 2026 – Adaptogenics Health Corp. ("**Adaptogenics**" or the "**Company**") (CSE: ADPT) is pleased to announce that it intends to conduct a non-brokered private placement (the "**Offering**") through the issuance of up to 2,500,000 units (the "**Units**") of the Company at a price of $0.25 per Unit for gross proceeds of up to $625,000.

Each Unit will consist of one common share in the capital of the Company and one-half of one common share purchase warrant (each whole warrant, a "**Warrant**"). Each Warrant will entitle the holder to acquire one additional common share of the Company at a price of C$0.75 for a period of 24 months from the date of issuance.

The Company intends to use the net proceeds of the Offering to advance its ecommerce, nutritional products, peptide sourcing and research and development initiatives, as well as for personnel, investor relations and general working capital purposes.

The Offering is expected to close in one or more tranches and remains subject to receipt of all necessary regulatory approvals, including acceptance by the Canadian Securities Exchange. All securities issued under the Offering will be subject to a hold period of four months and one day from the date of issuance, in accordance with applicable securities laws.

The Company may issue Common Shares to eligible finders in connection with the Offering equal to 7% of the Units sold to subscribers introduced by such finders, subject to applicable securities laws and the policies of the Canadian Securities Exchange.

The securities to be issued pursuant to the Offering have not been, nor will they be, registered under the United States Securities Act of 1933, as amended, and may not be offered or sold within the United States or to, or for the account or benefit of, U.S. persons in the absence of U.S. registration or an applicable exemption from the U.S. registration requirements. This news release shall not constitute an offer to sell or the solicitation of an offer to buy nor shall there be any sale of the securities in the United States or in any other jurisdiction in which such offer, solicitation or sale would be unlawful.

About Adaptogenics Health Corp.

Adaptogenics Health Corp. is advancing a strategy to evaluate proprietary peptide and small molecule opportunities focused on metabolic health, muscle preservation, mitochondrial biology and inflammation. Through its existing health products business, the Company is also evaluating GLP 1 companion products intended to support nutritional health, muscle function and other common challenges associated with medically induced weight loss.

For more information, visit the Company's website at www.AdaptogenicsCorp.com or review the Company's public filings available at www.sedarplus.ca.

ON BEHALF OF THE BOARD OF DIRECTORS
J. David Warren, CEO & Director

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Forward-looking statements

Statements contained in this news release that are not historical facts may be forward-looking statements, including statements relating to the Offering, the anticipated size of the Offering, the expected closing of the Offering in one or more tranches, the receipt of all necessary regulatory approvals, the anticipated use of proceeds, the payment of finder's fees, and the Company's business plans and strategy. Generally, forward-looking statements can be identified by the use of terminology such as "anticipate", "will", "expect", "may", "continue", "could", "estimate", "forecast", "plan", "potential" and similar expressions. These forward-looking statements involve risks, uncertainties and other factors that could cause actual results to differ materially from those expressed or implied by such forward-looking statements. In addition, the forward-looking statements require management to make assumptions and are subject to inherent risks and uncertainties. There is significant risk that the forward-looking statements will not prove to be accurate, that management's assumptions may not be correct and that actual results may differ materially from such forward-looking statements. Accordingly, readers should not place undue reliance on the forward-looking statements. These forward-looking statements are based on a number of assumptions which may prove to be incorrect which, without limiting the generality of the following, include: the risk that the Offering may not be completed on the terms announced or at all; failure to obtain necessary regulatory approvals, including acceptance of the Canadian Securities Exchange; risks associated with research and development and the regulatory approval of health products; competition; changes in government regulations and policies; volatility and sensitivity to capital market fluctuations; the ability to raise funds through private or public equity financings; and other operating, financial market and regulatory risks. The forward-looking statements contained in this news release are made as of the date hereof, and except as required by applicable securities laws, the Company disclaims any intention or obligation to update or revise any forward-looking statement, whether as a result of new information, future events or otherwise.

Neither the Canadian Securities Exchange nor its Market Regulator, as that term is defined in the policies of the Canadian Securities Exchange, accepts responsibility for the adequacy or accuracy of this release.