Adaptogenics

Adaptogenics Uplists to OTCQB Venture Market

Vancouver, British Columbia – November 11, 2026 – Adaptogenic Health Corp. ("**Adaptogenics**" or the "**Company**") (CSE: **ADPT**) is pleased to announce that it has been approved to uplist from the OTC Pink market to the OTCQB Venture Market (OTCQB), operated by OTC Markets Group Inc.

The OTCQB, established in 2010, is the premier U.S. marketplace for early-stage and developing companies. Designed to provide improved visibility and greater access to U.S. investors, the OTCQB is recognized by the U.S. Securities and Exchange Commission (SEC) as an "established public market."

The uplisting is effective as of November 11, 2026, and the company will continue to trade under the ticker symbol "**ADPGF**" in the United States, with its shares also listed on the Canadian Securities Exchange (the "**CSE**") under "ADPT".

The Company believes this milestone will support increased liquidity, enhance transparency, and attract a broader base of retail and institutional investors in the U.S. capital markets.

The Company has also submitted an application for its common shares to become eligible for electronic clearing and settlement through The Depository Trust Company (DTC). The application is currently under review, and DTC eligibility has not yet been approved. There can be no assurance as to whether or when DTC eligibility will be granted.

J. David Warren, CEO and Director of the Company, commented:

"This uplisting marks an important step in our growth strategy. Trading on the OTCQB Venture Market aligns with our commitment to increasing shareholder value, improving market visibility, and maintaining high standards of corporate governance."

For more information about the OTCQB and its requirements, visit www.otcmarkets.com.

About Adaptogenics Health Corp.

Adaptogenics Health Corp. is building a science led company focused on identifying, acquiring, designing and advancing proprietary peptide and small molecule programs. The company is evaluating opportunities in metabolic health, muscle preservation, mitochondrial biology and inflammation, including delivery technologies intended to improve the performance of promising molecules. The company will continue its existing nutraceutical operations while evaluating GLP 1 companion products intended to address challenges associated with medical weight loss, including muscle loss, nutritional deficiencies and reduced physical function.

For more information, investors are encouraged to review the Company's public filings available at www.sedarplus.ca.

Adaptogenics

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

For further information, please contact
J. David Warren
CEO & Director
E: info@adaptogenicshealth.com

Forward-Looking Statements

This news release contains certain statements that may constitute "forward-looking information" within the meaning of applicable Canadian securities legislation. All statements, other than statements of historical fact, are forward-looking information, including statements regarding the Company's business plans, strategies, objectives and expectations. Forward-looking information is generally identified by words such as "may", "will", "would", "could", "should", "expect", "anticipate", "intend", "plan", "believe", "estimate", "potential" and similar expressions, or the negative thereof. Forward-looking information is based on the reasonable assumptions, estimates and opinions of management as of the date of this news release and is subject to known and unknown risks, uncertainties and other factors, many of which are beyond the Company's control, that may cause actual results to differ materially from those expressed or implied. Readers are cautioned not to place undue reliance on forward-looking information. For a discussion of the risk factors that may affect the Company, see the Company's continuous disclosure documents filed on SEDAR+ at www.sedarplus.ca. The forward-looking information contained in this news release is made as of the date hereof, and the Company undertakes no obligation to update or revise any forward-looking information, whether as a result of new information, future events or otherwise, except as required by applicable securities laws.