ADAPTOGENICS CALLS ON HHS TO REQUIRE INDEPENDENT TESTING AND BATCH TRACEABILITY FOR PEPTIDE COMPOUNDING

In its docket submission, Adaptogenics recommends authenticating certificates of analysis at the source and matching each certificate to the specific batch received.

Vancouver, British Columbia, November 16, 2026 — Adaptogenics Health Corp. (**CSE: ADPT; OTCQB: ADPGF**) ("Adaptogenics" or the "Company") today announced that it submitted comments to the U.S. Department of Health and Human Services ("HHS") on its interim enforcement discretion policy concerning the use of certain peptide bulk drug substances in compounding under Section 503A of the Federal Food, Drug, and Cosmetic Act. The comments were submitted to Docket No. HHS-OASH-2026-0496.

VERIFY THE CERTIFICATE. VERIFY THE BATCH.

Adaptogenics' submission addresses a specific weakness in the peptide supply chain: a certificate of analysis ("COA") can carry the name of a legitimate manufacturer or laboratory and still be counterfeit, altered or unrelated to the material received. A document that appears authentic provides little assurance if the recipient cannot confirm who issued it and whether it applies to the batch in hand.

Adaptogenics called on HHS to strengthen three controls:

- **Authenticate the certificate at the source.** Verify the COA directly with the original manufacturer or testing laboratory through a trusted channel.
- **Match the certificate to the material.** Reconcile lot identifiers and maintain records that trace the material from the original manufacturer to the receiving pharmacy.
- **Independently verify critical quality attributes.** Use qualified independent laboratories to test the received material against defined specifications for identity, purity and other attributes relevant to its intended use.

"A certificate of analysis should answer two questions: who tested the material, and is it the same material the pharmacy received?" said Dr. J. David Warren, Chief Executive Officer of Adaptogenics. "Document authentication and laboratory testing address different risks. Together, they give pharmacies a stronger basis for deciding whether to accept or reject a batch."

HOW THIS INFORMS ADAPTOGENICS' STRATEGY

The same principles inform the Company's **CLEAR Method**, a quality framework Adaptogenics is developing around manufacturer qualification, certificate verification, independent testing and batch traceability. The Company intends to apply these principles to its peptide research and development initiatives, including its evaluation of delivery technologies. Adaptogenics also plans to develop resources for healthcare providers that summarize the available evidence on dosing, administration and monitoring, including where that evidence remains limited.

Adaptogenics supports an approach to peptide access in which quality can be independently verified. Its submission focuses on the controls needed to give pharmacies confidence in the source and quality of the material they receive.

ABOUT ADAPTOGENICS HEALTH CORP.

Adaptogenics Health Corp. is a life sciences company developing nutritional products and evaluating peptide assets, formulations and delivery technologies. Its strategy combines qualified sourcing, independent quality verification and focused research to develop differentiated products and supporting intellectual property. 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, visit www.adaptogenicscorp.com.

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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.