Adaptogenics Announces Strategy to Build Proprietary Peptide Assets and Delivery Technologies

Company targets major opportunities in metabolic health, healthy ageing and advanced peptide delivery

Vancouver, British Columbia, October 19, 2026 — Adaptogenics Health Corp. (CSE: **ADPT**) ("**Adaptogenics**" or the "**Company**") announces its strategy to acquire, design and advance proprietary peptide and small molecule assets, supported by differentiated delivery technologies, pharmaceutical quality standards and measurable development milestones.

The Company's broader objective is to improve healthy ageing by pursuing programs intended to preserve strength, physical function, metabolic health and resilience over time.

Under the leadership of Chief Executive Officer Dr. J. David Warren, Adaptogenics intends to pursue opportunities through:

• The acquisition and exclusive licensing of promising therapeutic assets

• The design and optimization of proprietary molecules and focused analogue programs

• Delivery technologies intended to improve the stability, exposure, administration and performance of selected peptides

• Research programs designed around clearly defined biological endpoints and development milestones

The Company's initial areas of interest include metabolic health, muscle preservation, mitochondrial biology and the resolution of inflammation. Programs will be selected based on the strength of their scientific rationale, development feasibility, commercial potential and ability to generate defensible intellectual property.

Adaptogenics intends to source peptide material from qualified GMP manufacturers and use independent third-party laboratories to verify identity, purity and other critical quality attributes. This approach is intended to establish a reliable foundation for research, delivery testing and future development.

"The opportunity is not simply to identify interesting molecules, but to improve how they are designed, delivered, measured and advanced," said Dr. Warren. "Our objective is to build proprietary assets supported by credible science, clear development pathways and meaningful intellectual property."

Dr. Warren brings more than two decades of experience in medicinal chemistry, peptide science and translational drug discovery. His published research includes foundational mechanistic work on SS 31, now known as elamipretide, a mitochondria targeted peptide subsequently developed as Forzinity and granted accelerated FDA approval to improve muscle strength in patients with Barth syndrome weighing at least 30 kg.

The Company continues to evaluate GLP 1 companion products intended to support challenges associated with medical weight loss, including the preservation of muscle, strength, nutrition and functional health. These activities complement the Company's longer term strategy of developing proprietary peptide and small molecule programs.

Recent US policy developments have brought additional attention to peptide therapeutics, including federal review of a proposed interim access policy for compounding using certain peptides. Adaptogenics is evaluating these developments alongside its strategy to advance differentiated assets, delivery technology and credible scientific evidence. The proposed policy remains under review and does not establish regulatory authorization for the Company's candidates or change Canadian requirements.

Chief Financial Officer Transition

The Company has appointed Steven Nguyen, CPA, as Chief Financial Officer, replacing Ming Jang.

Mr. Nguyen is an experienced accounting professional with over a decade of expertise in accounting and audit, financial reporting, corporate compliance, and advisory experience. He is the Managing Principal of Corporate Minds Inc., which provides comprehensive back-office solutions to public venture issuers and private companies pursuing a go public listing. The Company thanks Mr. Jang for his contributions and wishes him well in his future endeavours.

Market Making Services

The Company has engaged Generation IACP Inc. ("**Generation**") to provide market-making services in accordance with the policies of the Canadian Securities Exchange, commencing October 19, 2026. Under the agreement, Generation will receive a monthly fee of C$8,500 plus applicable taxes, subject to an annual increase of 3%. The agreement has an initial term of six (6) months and will automatically renew for successive six (6) month terms unless terminated by either party in accordance with the agreement.

There are no performance factors contained in the engagement, and Generation will not receive shares or options as compensation. Generation and the Company are unrelated and unaffiliated entities. Neither Generation nor its principals has any interest, directly or indirectly, in any securities of the Company.

The contact person, address, email, and telephone number for Generation are as follows: Ari Scheer (Head of Issuer Services), 22 St. Clair Avenue East, 18th floor, Toronto, ON, M4T2S3, AScheer@generationiacp.com, 1-866-557-0774.

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.

Cautionary Note Regarding Forward Looking Information

This news release contains forward looking information within the meaning of applicable Canadian securities legislation. Forward looking information includes statements regarding the Company's strategy and intended business direction; potential GLP 1 companion products; the evaluation, licensing, acquisition, design and development of therapeutic candidates; delivery technologies; sourcing from GMP manufacturers; independent testing; research activities; intellectual property; and future development programs.

Forward looking information is based on management's current assumptions, estimates, expectations and opinions and is subject to scientific, regulatory, intellectual property, financing, commercial and execution risks. Actual results may differ materially. Readers are cautioned not to place undue reliance on forward looking information. The Company undertakes no obligation to update or revise forward looking information except as required by applicable securities laws.

The Canadian Securities Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release.