

Adaptogenics Acquires Nutritional Research Assets to Advance GLP-1 Companion Initiative

Company acquires research platform to support evidence-based products and future peptide programs for patients using GLP-1 therapies

Vancouver, British Columbia, October 8, 2026 — Adaptogenics Health Corp. (CSE: ADPT) (“Adaptogenics” or the “Company”) announces the acquisition of nutritional research assets developed by Berkwood Research (the “Assets”) to support a GLP-1 companion initiative focused on muscle preservation, metabolic health and functional outcomes during medically induced weight loss.

The Assets include four nutritional research compositions and supporting scientific documentation comprising 36 ingredient evidence reviews, dose recommendations, product development rationale and biomarker mapping. The Company intends to use this package to select an initial GLP-1 companion concept, define measurable endpoints and establish priorities for formulation, analytical work and further testing.

The four compositions provide modular research starting points across foundational metabolic and muscle support, cardiometabolic and vascular health, neurocognitive and stress support, and recovery and immune health. The underlying research includes ingredients relevant to protein metabolism, mitochondrial function, body composition, inflammation and physical performance, including creatine, urolithin A, selected amino acids, fatty acids and other evidence-based compounds.

Dr. Robert Bergia, PhD, MBA, will join the Company as Scientific Advisor, Metabolic Health and Muscle Preservation. Founder of Berkwood Research, Dr. Bergia previously led protein nutrition research at ADM. He holds a PhD in Nutrition Science and Gerontology from Purdue University and has authored more than two dozen peer reviewed publications, including work examining nutrition during medically induced weight loss.

“Medical weight loss creates a major need to preserve muscle, strength and function,” said Dr. J. David Warren, Chief Executive Officer. “This acquisition gives us a practical research foundation for an initial GLP-1 companion program while we evaluate proprietary peptides and delivery technologies that may address the same broader challenge through differentiated therapeutic approaches.”

The Assets were acquired for total cash consideration of US\$27,000, with no additional consideration payable. Initial work will evaluate the acquired compositions, prioritize a lead product concept and identify the analytical and functional endpoints required for further testing. Their effectiveness in supporting patients receiving GLP-1 therapies has not yet been established.

In parallel, Adaptogenics intends to evaluate peptide candidates and delivery technologies with potential applications in lean mass preservation, muscle function, mitochondrial performance and

metabolic health during medically induced weight loss. These therapeutic programs are distinct from the acquired nutritional Assets and will be subject to separate scientific diligence, intellectual property review and development planning. As of the date of this release, the Company has not entered into an LOI, term sheet or definitive agreement for the acquisition or licensing of any peptide asset. The acquisition closed on October 7, 2026. Dr. Bergia was not the vendor and is not affiliated with the vendor.

About Adaptogenics Health Corp.

Adaptogenics Health Corp. (CSE: ADPT) is a Canadian-based nutraceutical company focused on the formulation and distribution of functional mushroom products and nutritional supplement alternatives. The Company intends to evaluate opportunities to establish a proprietary pipeline of peptide and small molecule therapeutics focused on metabolic health, muscle preservation and inflammation. Led by an experienced scientific and business team, the Company combines asset acquisition and licensing with targeted discovery and delivery research to create differentiated therapeutic candidates and defensible intellectual property. Adaptogenics also maintains its existing nutraceutical business and is evaluating complementary GLP-1 companion product opportunities.

Cautionary Note Regarding Forward-Looking Information

This news release contains "forward-looking information" within the meaning of applicable Canadian securities legislation. Forward-looking information in this news release includes, without limitation, statements regarding the Company's strategy and intended business direction; the continuation of its nutraceutical business; potential GLP-1 companion nutraceutical products; the evaluation, licensing, acquisition, design and development of therapeutic candidates; research activities and collaborations; the use of computational design tools; the generation of intellectual property; and the timing and content of future updates. Forward-looking information is based on management's reasonable assumptions, estimates, expectations and opinions as of the date of this news release. These include assumptions that the Company will be able to identify and acquire or license suitable candidates on acceptable terms, obtain sufficient financing, retain key personnel, continue its nutraceutical operations, and obtain all required regulatory, stock exchange and shareholder approvals. Forward-looking information is subject to known and unknown risks, uncertainties and other factors that could cause actual results to differ materially. These include scientific, preclinical and clinical development risks; regulatory requirements applicable to therapeutics and natural health products; the availability of financing; the ability to complete transactions and to secure and protect intellectual property; competition; dependence on key personnel; and the risks described in the Company's continuous disclosure filings available under its profile on SEDAR+. Readers are cautioned not to place undue reliance on forward-looking information. The Company undertakes no obligation to update or revise any 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.