

Date: March 27, 2020

Computershare
100 University Avenue, 8th floor
Toronto ON, M5J 2Y1
www.computershare.com

To: All Canadian Securities Regulatory Authorities

AMENDED

Subject: Jamieson Wellness Inc.

Dear Sir/Madam:

We advise of the following with respect to the upcoming Meeting of Security Holders for the subject Issuer:

Meeting Type :	Annual General and Special Meeting
Record Date for Notice of Meeting :	March 30, 2020
Record Date for Voting (if applicable) :	March 30, 2020
Beneficial Ownership Determination Date :	March 30, 2020
Meeting Date :	May 26, 2020
Meeting Location (if available) :	Virtual Meeting - AMENDED
Issuer sending proxy related materials directly to NOBO:	Yes
Issuer paying for delivery to OBO:	Yes

Notice and Access (NAA) Requirements:

NAA for Beneficial Holders	Yes
Beneficial Holders Stratification Criteria:	Not Applicable
NAA for Registered Holders	Yes
Registered Holders Stratification Criteria:	Not Applicable

Voting Security Details:

Description	CUSIP Number	ISIN
COMMON SHARES	470748104	CA4707481046

Sincerely,

Computershare
Agent for Jamieson Wellness Inc.