FORM 51-102F3
MATERIAL CHANGE REPORT

ITEM 1. NAME AND ADDRESS OF ISSUER

Adaptogenics Health Corp. (the "**Company**")
1100-1111 Melville Strett
Vancouver BC V6E 3V6 Canada

ITEM 2. DATE OF MATERIAL CHANGE

July 15, 2026

ITEM 3. NEWS RELEASE

The news release announcing the material change was disseminated by the Company through the facilities of The Newswire on July 14, 2026 and subsequently filed on SEDAR+.

ITEM 4. SUMMARY OF MATERIAL CHANGE

On July 14, 2026, the Company announced a consolidation of its issued and outstanding Common Shares on the basis of one (1) post-Consolidation Common Share for every four (4) pre-Consolidation Common Shares.

ITEM 5.1 FULL DESCRIPTION OF MATERIAL CHANGE

On July 14, 2026, the Company announced that the Canadian Securities Exchange (the "**CSE**") has approved the consolidation (the "**Consolidation**") of the Company's issued and outstanding common shares (the "**Common Shares**") on the basis of one (1) post-Consolidation Common Share for every four (4) pre-Consolidation Common Shares.

The Consolidation will become effective at the opening of trading on July 15, 2026. As of the date of this news release, the Company has 16,397,701 Common Shares issued and outstanding. Following completion of the Consolidation, the Company will have approximately 4,099,425 Common Shares issued and outstanding, subject to the treatment of fractional shares.

The Company's new CUSIP number is 00654R208 and new ISIN number is CA00654R2081. The Company's name and trading symbol, ADPT, will remain unchanged.

The exercise price and number of Common Shares issuable upon the exercise or conversion of the Company's outstanding stock options and warrants will be adjusted in accordance with their terms. No fractional Common Shares will be issued in connection with the Consolidation. Fractional Common Shares equal to or greater than one-half (1/2) of a Common Share will be rounded up to the nearest whole Common Share, while fractional Common Shares of less than one-half (1/2) of a Common Share will be cancelled.

As all registered shareholders currently hold their Common Shares in book-entry form, no action is required by registered shareholders in connection with the Consolidation. Shareholders holding their Common Shares through a broker or other intermediary will have their holdings adjusted electronically.

ITEM 5.2 DISCLOSURE FOR RESTRUCTURING TRANSACTIONS

Not applicable.

ITEM 6. RELIANCE ON SUBSECTION 7.1(2) OF NATIONAL INSTRUMENT 51-102

Not applicable.

ITEM 7. OMITTED INFORMATION

Not applicable.

ITEM 8. EXECUTIVE OFFICER

Contact: Hani Zabaneh, Chief Operating Officer
Telephone: 888-317-9998

ITEM 9. DATE OF REPORT

July 15, 2026