ADAPTOGENICS HEALTH CORP. ANNOUNCES CHANGE OF DIRECTORS

Vancouver, BC, August 6, 2026 – Adaptogenics Health Corp. (**CSE**: **ADPT**) ("**Adaptogenics**", the "**Company**") is pleased to announce the appointment of Mr. Gurinder Sandhu as a director of the Company effective immediately.

Mr. Sandhu is the founder of a proprietary health technology company that combines continuous health monitoring with clinical decision support.

His experience includes corporate strategy, commercialization, and translating scientific research into clinical-stage assets, with a focus on developing novel therapeutic intellectual property and platform technologies.

Mr. Sandhu succeeds Pavan Mehta, who has resigned as a director of the Company. The Company thanks Mr. Mehta for his service and wishes him success in his future endeavors.

About Adaptogenics Health Corp.

Adaptogenics Health Corp. is a Canadian based nutraceutical company that has focused on the formulation and distribution of functional mushroom products and nutritional supplement alternatives. The Company is committed to its mission of improving and empowering human health and well-being.

On Behalf of the Board of Directors

Hani Zabaneh
COO and Director

For further information, please contact:

Hani Zabaneh
COO and Director
Tel: 1-888-317-9998
Email: info@adaptogenicshealth.com

Disclaimer for 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 expected number of issued and outstanding common shares following completion of the Consolidation, the treatment of fractional common shares, and the adjustment of the exercise or conversion terms of the Company's outstanding securities. Forward-looking information is based on management's reasonable assumptions, estimates, expectations and opinions as of the date of this news release, but is inherently subject to significant risks, uncertainties and other factors that could cause actual results or events to differ materially from those expressed or implied. These risks and uncertainties include, without limitation, the risk that the Consolidation may not be completed as currently anticipated and the risks generally associated with the Company's business as described in its continuous disclosure filings available under the Company's 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.*