

Security Class

Holder Account Number

Form of Proxy - Annual General and Special Meeting of Shareholders to be held on May 26, 2020

This Form of Proxy is solicited by and on behalf of management (“Management”) of Jamieson Wellness Inc. (“Jamieson”).

Notes to proxy

- Every holder of common shares of Jamieson (“Common Shares”) has the right to appoint some other person or company of their choice, who need not be a holder of Common Shares, to attend and act on their behalf at the meeting or any adjournment or postponement thereof. If you wish to appoint a person or company other than the persons whose names are printed herein, please insert the name of your chosen proxyholder in the space provided (see reverse). In addition, YOU MUST go to <http://www.computershare.com/jamiesonwellness> by 2:00 p.m. EST on May 22, 2020, and provide Computershare with the required information for your chosen proxyholder so that Computershare may provide the proxyholder with a user name via email. This user name will allow your proxyholder to log in to and vote at the meeting. Without a user name your proxyholder will only be able to log in to the meeting as a guest and will not be able to vote.
- If the securities are registered in the name of more than one owner (for example, joint ownership, trustees, executors, etc.), then all those registered should sign this proxy. If you are voting on behalf of a corporation or another individual, you must sign this proxy with signing capacity stated, and you may be required to provide documentation evidencing your power to sign this proxy.
- This proxy should be signed in the exact manner as the name(s) appear(s) on the proxy.
- If this proxy is not dated, it will be deemed to bear the date on which it is mailed by Management to the holder of Common Shares.
- The securities represented by this proxy will be voted as directed by the holder of Common Shares, however, if such a direction is not made in respect of any matter, this proxy will be voted as recommended by Management.
- The securities represented by this proxy will be voted in favour or withheld from voting or voted against each of the matters described herein, as applicable, in accordance with the instructions of the holder of Common Shares, on any ballot that may be called for and, if the holder of Common Shares has specified a choice with respect to any matter to be acted on, the securities will be voted accordingly.
- This proxy confers discretionary authority in respect of amendments or variations to matters identified in the Notice of Meeting or other matters that may properly come before the meeting or any adjournment or postponement thereof.
- This proxy should be read in conjunction with the accompanying documentation provided by Management.
- To be effective, a proxy must be received by Computershare Investor Services Inc. no later than 2:00 p.m. (Eastern Time) on May 22, 2020 or, if the meeting is adjourned, 48 hours (Saturdays, Sundays and holidays excepted) prior to the time of holding the meeting.
- To vote by mail or delivery, mail or deliver the completed proxy (in the envelope provided) to Computershare Investor Services Inc., Proxy Department, 100 University Avenue, 8th Floor, Toronto, Ontario M5J 2Y1.

VOTE USING THE TELEPHONE OR INTERNET 24 HOURS A DAY 7 DAYS A WEEK!



To Vote Using the Telephone

- Call the number listed BELOW from a touch tone telephone.

1-866-732-VOTE (8683) Toll Free



To Vote Using the Internet

- Go to the following web site: www.investorvote.com
- Smartphone? Scan the QR code to vote now.



To Receive Documents Electronically

- You can enroll to receive future securityholder communications electronically by visiting www.investorcentre.com and clicking at the bottom of the page.



To Virtually Attend the Meeting

- You can attend the meeting virtually by visiting the URL provided on the back of this proxy.

If you vote by telephone or the Internet, DO NOT mail back this proxy.

Voting by mail may be the only method for securities held in the name of a corporation or securities being voted on behalf of another individual.

Voting by mail or by Internet are the only methods by which a holder of Common Shares may appoint a person as proxyholder other than the Management nominees named on the reverse of this VIF. Instead of mailing this VIF, you may choose one of the other two voting methods outlined above to vote this VIF.

To vote by telephone or the Internet, you will need to provide your CONTROL NUMBER listed below.

CONTROL NUMBER



Appointment of Proxyholder

I/We, being holder(s) of Common Shares hereby appoint: Mark Hornick, President and Chief Executive Officer of Jamieson, or failing him, Christopher Snowden, Chief Financial Officer and Corporate Secretary of Jamieson

OR

Print the name of the person you are appointing if this person is someone other than the Management nominees listed herein.

Note: If you are appointing a proxyholder other than the Management nominees YOU MUST return your proxy by mail and go to <http://www.computershare.com/jamiesonwellness> by 2:00 p.m. EST on May 22, 2020, and provide Computershare with the required information for your appointee so that Computershare may provide the appointee with a user name via email. This user name will allow your appointee to log in to and vote at the Meeting. Without a user name your proxyholder will only be able to log in to the Meeting as a guest and will not be able to vote.

as my/our proxyholder with full power of substitution and to attend, act and to vote for and on behalf of the undersigned in accordance with the following direction (or if no directions have been given, as the proxyholder sees fit) and all other matters that may properly come before the Annual General and Special Meeting of holders of Common Shares to be held via live audio webcast online at <https://web.lumiagm.com/267279477> on May 26, 2020 at 2:00 p.m. (Eastern Time) and at any adjournment or postponement thereof.

VOTING RECOMMENDATIONS ARE INDICATED BY **HIGHLIGHTED TEXT** OVER THE BOXES.

Fold

1. Election of Directors

	For	Withhold		For	Withhold		For	Withhold
01. Heather Allen	<input type="checkbox"/>	<input type="checkbox"/>	02. Dr. Louis Aronne	<input type="checkbox"/>	<input type="checkbox"/>	03. Mark Hornick	<input type="checkbox"/>	<input type="checkbox"/>
04. Timothy Penner	<input type="checkbox"/>	<input type="checkbox"/>	05. Catherine Potechin	<input type="checkbox"/>	<input type="checkbox"/>	06. Steve Spooner	<input type="checkbox"/>	<input type="checkbox"/>
07. Jason Tafler	<input type="checkbox"/>	<input type="checkbox"/>	08. David Williams	<input type="checkbox"/>	<input type="checkbox"/>			

For **Withhold**

2. Appointment of Auditors

To re-appoint Ernst & Young LLP as the auditors of Jamieson for the ensuing year and to authorize the directors of Jamieson to fix their remuneration.

For **Against**

3. Special Business - Long-Term Incentive Plan Resolution

To consider and, if deemed advisable, to pass an ordinary resolution ratifying and approving unallocated options, rights or other entitlements under the Company's long-term incentive plan.

For **Against**

4. Special Business - Employee Share Purchase Plan Resolution

To consider and, if deemed advisable, to pass an ordinary resolution ratifying and approving unallocated options, rights or other entitlements under the Company's employee share purchase plan.

Fold

Authorized Signature(s) – This section must be completed for your instructions to be executed.

I/We authorize you to act in accordance with my/our instructions set out above. I/We hereby revoke any proxy previously given with respect to the Meeting. If no voting instructions are indicated above, this Proxy will be voted as recommended by Management.

Signature(s)

Date

MM / DD / YY

Interim Financial Statements – Mark this box if you would like to receive Interim Financial Statements and accompanying Management's Discussion and Analysis by mail.

Annual Financial Statements – Mark this box if you would like to receive the Annual Financial Statements and accompanying Management's Discussion and Analysis by mail.

Information Circular – Mark this box if you would like to receive the Information Circular by mail for the next securityholders' meeting by mail.

If you are not mailing back your proxy, you may register online to receive the above financial report(s) by mail at www.computershare.com/maillinglist.

