

THIS DOCUMENT IS IMPORTANT AND REQUIRES YOUR IMMEDIATE ATTENTION.

If you are in any doubt as to any aspect of the proposals referred to in this document or as to the action you should take, you should seek your own advice from a stockbroker, solicitor, accountant, or other independent adviser authorised under the Financial Services and Markets Act 2000.

If you have sold or otherwise transferred all of your shares, please pass this document together with the accompanying documents to the purchaser or transferee, or to the person who arranged the sale or transfer so they can pass these documents to the person who now holds the shares.

Rapid Nutrition plc

(incorporated and registered in England and Wales under number 07905640)

(the “Company”)

NOTICE OF ANNUAL GENERAL MEETING

Notice of an Annual General Meeting of the Company to be held at 2/40-46 Nestor Drive, Meadowbrook, 4131 QLD, Australia on 30 June 2022 at 10pm (British Summer Time) / 7am (Australian Eastern Standard Time) on 1 July 2022.

Whether or not you intend to attend the Annual General Meeting, please complete and submit a proxy form in accordance with the instructions printed on the enclosed form. The proxy form must be received not less than 48 hours before the time of the holding of the Annual General Meeting.

PART I

Rapid Nutrition plc

(incorporated and registered in England and Wales under number 07905640)

Registered Office:

124 City Road
London
EC1V 2NX

24 May 2022

To the holders of the Ordinary Shares in Rapid Nutrition plc

Notice of Annual General Meeting

Dear Shareholder,

I am pleased to be writing to you with details of an Annual General Meeting (“**AGM**”) of the Company which we are holding at 2/40-46 Nestor Drive, Meadowbrook, 4131 QLD, Australia on 30 June 2022 at 10pm (British Summer Time) / 7am (Australian Eastern Standard Time) on 1 July 2022.

The formal notice of the AGM is set out on pages 4 and 5 of this document.

If you would like to vote on the resolutions but cannot come to the AGM, please fill in the proxy form sent to you with this notice and return it to our registrars as soon as possible. Alternatively, you may appoint a proxy electronically, if you hold your shares in CREST, through the CREST system. The registrars must receive your proxy appointment by 10pm (British Summer Time) on 28 June 2022.

Business of the meeting

Explanatory notes on the business to be considered at this AGM appear on page 8 of this document.

Recommendation

The board considers that all the resolutions to be put to the meeting are in the best interests of the Company and its shareholders as a whole. Your board will be voting in favour of them and unanimously recommends that you do so as well.

Action to be taken by shareholders

The resolutions are subject to shareholder approval.

A form of proxy for the AGM is enclosed with this document and you are requested to complete and post the form of proxy to the Company's registrars as soon as possible or submit your vote via CREST. The completion and return of a form of proxy will not prevent you from attending the AGM in person, speaking and voting if you wish to do so.

To be valid, an instrument appointing a proxy and any power of attorney or other authority under which the proxy instrument is signed (or a notarially certified copy thereof) must be deposited at the Company's registrars as the case may be by 10pm (British Summer Time) on 28 June 2022.

Yours faithfully,

A handwritten signature in black ink, appearing to read 'Simon St Ledger', written in a cursive style.

Simon St Ledger
Chairman

PART II

Rapid Nutrition plc

NOTICE OF ANNUAL GENERAL MEETING

NOTICE is hereby given that an Annual General Meeting of Rapid Nutrition Plc (the "**Company**") will be held at 2/40-46 Nestor Drive, Meadowbrook, 4131 QLD, Australia on 30 June 2022 at 10pm (British Summer Time) / 7am (Australian Eastern Standard Time) on 1 July 2022, to consider and, if thought fit, pass the resolutions below.

Resolutions 1-7 will be proposed as ordinary resolutions. Resolution 8 will be proposed as a special resolution.

ORDINARY RESOLUTIONS

1. To receive the Company's annual accounts for the financial period ended 31 December 2021, together with the directors' report and the auditors' report on those accounts.
2. To receive and approve the directors' remuneration report for the financial period ended 31 December 2021 together with the auditor's report on it.
3. To reappoint Elderton Audit UK (formerly known as Greenwich & Co UK) of Level 2, 267 St George's Terrace, Perth, 6000, Australia as auditors to hold office from the conclusion of this meeting until the conclusion of the next general meeting of the Company at which accounts are laid.
4. To authorise the directors to fix the remuneration of the auditors.
5. To reappoint Simon St Ledger as a director.
6. To reappoint Shayne Anthony Kellow as a director.
7. To reappoint Vesta Vanderbeken as a director.

SPECIAL RESOLUTION

8. **THAT** the Company be, and it is hereby, generally and unconditionally authorised for the purpose of sections 693 and 701 of the Companies Act 2006 to make one or more market purchases (within the meaning of section 693(4) of the Companies Act 2006) of ordinary shares of £0.01 each in the capital of the Company upon such terms and in such manner as the directors of the Company shall determine, provided that:
 - 8.1 the maximum aggregate number of ordinary shares authorised to be purchased is 40,638,455;
 - 8.2 the minimum price which may be paid for such ordinary shares is £0.01 per share (exclusive of expenses);

- 8.3 the maximum price (exclusive of expenses) which may be paid for an ordinary share cannot be more than an amount equal to 105 per cent of the average market value of the ordinary shares for the five business days immediately prior to the day the purchase is made;
- 8.4 unless previously renewed, varied or revoked, the authority hereby conferred shall expire at the conclusion of the next annual general meeting of the Company;
- 8.5 the Company may make a contract or contracts to purchase ordinary shares under this authority prior to the expiry of such authority which will or may be executed wholly or partly after the expiry of such authority and may make a purchase of ordinary shares in pursuance of any such contract or contracts.

24 May 2022

By order of the Board

A handwritten signature in black ink, appearing to read 'Simon St Ledger', written in a cursive style.

Simon St Ledger

Chairman

Registered Office: 124 City Road, London, EC1V 2NX

Registered in England and Wales No. 07905640

Notes

1. Shareholders are entitled to appoint a proxy to exercise all or any of their rights to attend and to speak and vote on their behalf at the meeting. A shareholder may appoint more than one proxy in relation to the Annual General Meeting provided that each proxy is appointed to exercise the rights attached to a different share or shares held by that shareholder. A proxy need not be a shareholder of the Company. A proxy form which may be used to make such appointment and give proxy instructions accompanies this notice.
2. To be valid any proxy form or other instrument appointing a proxy must be received by post or (during normal business hours only) by hand at Equiniti, Aspect House, Spencer Road, Lancing, West Sussex, BN99 6DA no later than 10pm (British Summer Time) on 28 June 2022.
3. The return of a completed proxy form, other such instrument or any CREST Proxy Instruction (as described in paragraph 7 below) will not prevent a shareholder attending the Annual General Meeting and voting in person if he/she wishes to do so.
4. To be entitled to attend and vote at the Annual General Meeting (and for the purpose of the determination by the Company of the votes they may cast), shareholders must be registered in the Register of Members of the Company at 10pm (British Summer Time) on 28 June 2022 (or, in the event of any adjournment, at 10pm on the date which is two days before the adjourned meeting). Changes to the Register of Members after the relevant deadline shall be disregarded in determining the rights of any person to attend and vote at the meeting.
5. As at 12 May 2022, the Company's issued share capital consists of 162,553,823 ordinary shares of £0.01 each ("**Ordinary Shares**"), carrying one vote each and 23,265,104 deferred shares of £0.99 each ("**Deferred Shares**") which do not carry any rights to vote.
6. CREST members who wish to appoint a proxy or proxies through the CREST electronic proxy appointment service may do so by using the procedures described in the CREST Manual, which can be viewed at www.euroclear.com. CREST Personal Members or other CREST sponsored members, and those CREST members who have appointed a voting service provider(s), should refer to their CREST sponsor or voting service provider(s), who will be able to take the appropriate action on their behalf.
7. In order for a proxy appointment or instruction made using the CREST service to be valid, the appropriate CREST message (a "**CREST Proxy Instruction**") must be properly authenticated in accordance with Euroclear UK & Ireland Limited's specifications, and must contain the information required for such instruction, as described in the CREST Manual. The message, regardless of whether it constitutes the appointment of a proxy or is an amendment to the instruction given to a previously appointed proxy must, in order to be valid, be transmitted so as to be received by the issuer's agent (ID RA19) by 10pm (British Summer Time) on 28 June 2022. For this purpose, the time of receipt will be taken to be the time (as determined by the timestamp applied to the message by the CREST Applications Host) from which the issuer's agent is able to retrieve the message by enquiry to CREST in the manner prescribed by CREST. After this time any change of instructions

to proxies appointed through CREST should be communicated to the appointee through other means.

8. CREST members and, where applicable, their CREST sponsors, or voting service providers should note that Euroclear UK & Ireland Limited does not make available special procedures in CREST for any particular messages. Normal system timings and limitations will, therefore, apply in relation to the input of CREST Proxy Instructions. It is the responsibility of the CREST member concerned to take (or, if the CREST member is a CREST personal member, or sponsored member, or has appointed a voting service provider, to procure that his CREST sponsor or voting service provider(s) take(s)) such action as shall be necessary to ensure that a message is transmitted by means of the CREST system by any particular time. In this connection, CREST members and, where applicable, their CREST sponsors or voting system providers are referred, in particular, to those sections of the CREST Manual concerning practical limitations of the CREST system and timings.
9. The Company may treat as invalid a CREST Proxy Instruction in the circumstances set out in Regulation 35(5)(a) of the Uncertificated Securities Regulations 2001.
10. Any corporation which is a shareholder can appoint one or more corporate representatives who may exercise on its behalf all of its powers as a shareholder provided that they do not do so in relation to the same shares.
11. Any shareholder attending the meeting has the right to ask questions. The company must cause to be answered any such question relating to the business being dealt with at the meeting but no such answer need be given if (a) to do so would interfere unduly with the preparation for the meeting or involve the disclosure of confidential information, (b) the answer has already been given on a website in the form of an answer to a question, or (c) it is undesirable in the interests of the company or the good order of the meeting that the question be answered.
12. A copy of this notice, and other information required by s.311A of the Companies Act 2006, can be found at <http://www.rnplc.com/investor-relations>.
13. Shareholders may not use any electronic address provided in either this notice of meeting or any related documents (including the Chairman's letter and the proxy form) to communicate with the Company for any purposes other than those expressly stated.

EXPLANATORY NOTES TO RESOLUTIONS

Resolutions 1-7 are proposed as ordinary resolutions. This means that for the ordinary resolutions to be passed, more than half of the votes cast must be in favour of the resolution. Resolution 7 is proposed as a special resolution. This means that for the resolution to be passed, at least three-quarters of the votes cast must be in favour of the resolution.

Resolution 1 (annual report and accounts)

The directors of the Company must present to the meeting the audited annual accounts and the directors' and auditors' report for the financial period ended 31 December 2021.

Resolution 2 (remuneration report)

The Company's shareholders will be asked to approve the remuneration report at the Annual General Meeting.

Resolutions 3 and 4 (appointment and remuneration of auditors)

The Company must appoint auditors at each general meeting at which accounts are presented to shareholders to hold office until the conclusion of the next such meeting. Resolution 3 seeks shareholder approval to re-appoint Elderton Audit UK (formerly known as Greenwich & Co UK) of Level 2, 267 St George's Terrace, Perth, 6000, Australia as the Company's auditors. In accordance with normal practice, resolution 4 seeks authority for the Company's directors to fix their remuneration.

Resolutions 5 to 7 (re-appointment of directors)

Simon St Ledger, Shayne Anthony Kellow and Vesta Vanderbeken are standing for reappointment as directors by resolution 5 to 7, in accordance with Article 77.1.2 of the articles of association of the Company.

Resolution 8 (authority for market purchases of own shares)

Resolution 8 grants the Company authority to make limited market purchases of the Company's ordinary shares. The authority is limited to a maximum aggregate number of 40,638,455 ordinary shares and sets out the minimum and maximum prices that can be paid, exclusive of expenses. The authority conferred by this resolution will expire at the conclusion of the Company's next annual general meeting.