

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 GENERAL MEETING

Notice of the General Meeting of the Company to be held at 747 Lytton Road, Murarrie Qld 4172, Australia on 18 October 2024 at 9:00 am (QLD Australia Time), (12:00 am UK time, on 18 October 2024).

Whether or not you propose to attend the 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 General Meeting.

PART I

Rapid Nutrition plc

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

Registered Office:

Suite A, 82 James Carter Road
Mildenhall
Suffolk
IP28 7DE
United Kingdom

23 September 2024

To the holders of the Ordinary Shares in Rapid Nutrition plc

Notice of General Meeting

Dear Shareholder,

I am pleased to be writing to you with details of the General Meeting (“**GM**”) of Rapid Nutrition plc (the “**Company**”) which we are holding at 747 Lytton Road, Murarrie, Qld 4172, Australia on 18 October 2024 at 9:00 am (QLD Australia Time), (12:00 am UK time, being midnight on the morning of 18 October 2024). The formal notice of GM is set out on page 4 of this document.

The GM has been convened for the purpose of considering certain ordinary and special resolutions (the “**Resolutions**”).

Share authorities

At a general meeting of the Company held on 11 January 2024, an ordinary resolution was passed authorising the directors to allot shares in the Company and to grant rights to subscribe for or convert any security into shares in the Company up to an aggregate nominal value of £3,500. At the annual general meeting of the Company held on 19 June 2024, the Company did not seek any renewal of authority to allot.

The Company now seeks to renew the authority to allot shares in order to enable the Company to effectively undertake any necessary capital raising and operate the business as the Company sees fit. Members are being asked to grant the Company a share authority of 56,000,000 ordinary shares of £0.0001 each.

Further information in relation to the use of this share authority is set out in the explanatory notes to the Resolutions.

Attending the Meeting

The GM is being held in Australia having regard to the presence there of a significant number of shareholders and Company management.

If you would like to vote on the Resolutions but cannot come to the GM, please fill in the proxy form sent to you with this notice and return it to our registrars as soon as possible as set out in the notes to the notice. 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 12:00 am (UK time), being midnight on the morning of 16 October 2024.

Business of the meeting

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

Recommendation

The Directors believe that all of the Resolutions are in the best interests of the Company and its shareholders as a whole. The Directors will therefore be voting in favour of all the Resolutions in respect of their individual beneficial holdings and unanimously recommend that you do so as well.

Yours sincerely,

A handwritten signature in black ink that reads "Simon St Ledger". The signature is written in a cursive style with a large, stylized 'S' at the beginning.

Simon St Ledger, Chairman

PART II

Rapid Nutrition plc

NOTICE OF GENERAL MEETING

Notice is hereby given that the general meeting of Rapid Nutrition Plc (the "**Company**") will be held at 747 Lytton Road, Murarrie, Qld 4172, Australia on 18 October 2024 at 9:00 am (QLD Australia Time), (12:00 am UK time, being midnight on the morning of 18 October 2024) to consider and, if thought fit, pass the resolutions below.

Resolution 1 is proposed as an ordinary resolution and Resolutions 2, 3 and 4 are proposed as special resolutions.

ORDINARY RESOLUTION

1. THAT:

- 1.1. the directors of the Company be generally and unconditionally authorised under section 551 of the Companies Act 2006 to exercise all the powers of the Company to allot shares in the Company and to grant rights to subscribe for, or to convert any security into, shares in the Company ("**Rights**") up to an aggregate nominal amount of £5,600; and
- 1.2. such authority shall expire (unless previously revoked by the Company) on the earlier of the conclusion of the Annual General Meeting of the Company at which the Company's annual accounts for the financial period ended 31 December 2025 are presented, and 30 June 2026. The Company may, before such expiry, make an offer or agreement which would or might require shares to be allotted or Rights to be granted after the authority has expired and the directors may allot shares or grant Rights in pursuance of any such offer or agreement notwithstanding that this authority has expired.

SPECIAL RESOLUTIONS

2. THAT:

- 2.1. subject to and conditional on the passing of Resolution 1, the directors of the Company shall have the power to allot equity securities (within the meaning of section 560 of the Companies Act 2006) for cash under the authority conferred by Resolution 1 as if section 561 of the Companies Act 2006 did not apply to the allotment;
- 2.2. this power shall expire when the authority given by Resolution 1 is revoked or expires but the Company may before expiry of this power make an offer or agreement which would or might require equity securities to be allotted after such expiry and the directors may allot equity securities in pursuance of that offer or agreement notwithstanding that the power has expired; and
- 2.3. this power applies in relation to a sale of treasury shares which constitutes an allotment of equity securities by virtue of section 560(3) of the Companies Act 2006 as if the words "under the authority conferred by Resolution 1" were omitted from the introductory wording to Resolution 2.1.

3. **THAT** all allotments of equity securities (within the meaning of section 560 of the Companies Act 2006) made by the Company prior to the date of this Resolution 3, be confirmed and ratified including, without limitation, for the purposes of section 551 and section 561 of the Companies Act 2006.
4. **THAT:**
- 4.1. 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 £0.0001 each in the capital of the Company upon such terms and in such manner as the directors of the Company shall determine, provided that:
- 4.1.1. the maximum aggregate number of ordinary shares authorised to be purchased is 14,137,539;
- 4.1.2. the minimum price which may be paid for such ordinary shares is £0.0001 per share (exclusive of expenses);
- 4.1.3. 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;
- 4.1.4. unless previously renewed, varied or revoked, the authority hereby conferred shall expire at the conclusion of the Annual General Meeting of the Company at which the Company's annual accounts for the financial period ended 31 December 2025 are presented, or 30 June 2026, whichever is earlier; and
- 4.1.5. 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.

23 September 2024

By order of the Board



Simon St Ledger
Chairman

Registered Office: Suite A 82 James Carter Road, Mildenhall, Suffolk, United Kingdom, IP28 7DE.

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 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 12:00 am (UK time) being midnight on the morning of 16 October 2024.
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 6.30pm (UK Time) on 16 October 2024 (or, in the event of any adjournment, at 6.30pm 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 23 September 2024 (being the last business day prior to the publication of this notice), the Company's issued share capital consists of:
 - a) 56,550,156 ordinary shares of £0.0001 each, carrying one vote each; and
 - b) 23,265,104 deferred shares of £0.99 each, 4,785,474 deferred shares of £0.0999 each and 435,935,792 deferred shares of £0.0099 each, which do not carry any rights to vote.

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.

6. 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 12:00 am (UK

Time) on 16 October 2024. 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.

7. 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.
8. 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.
9. 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.
10. Any shareholder attending the General 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.
11. A copy of this notice, and other information required by s.311A of the Companies Act 2006, can be found at <https://rnlc.com/investors/corporate-calendar/>
12. 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

Resolution 1 is proposed as an ordinary resolution. This means that for the ordinary resolution to be passed, more than half of the votes cast must be in favour of the resolution. Resolutions 2, 3 and 4 are proposed as special resolutions. 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 (authority to allot)

Resolution 1 would give the directors the authority to allot shares in the Company and grant rights to subscribe for or convert any security into shares in the Company up to an aggregate nominal value of £5,600.

This authority is being sought to provide the directors with a general authority of shares to be used at their discretion and to enable the Company to grow and expand as envisaged by the directors. The directors will not consider there to be any limits to the use of this authority, other than as prescribed by law.

The directors' authority will expire on the earlier of the conclusion of the Annual General Meeting of the Company at which the Company's annual accounts for the financial period ended 31 December 2025 are presented, and 30 June 2026.

Please also see the explanatory notes to proposed Resolution 2 relating to the disapplication of statutory pre-emption rights.

Resolution 2 (statutory pre-emption rights)

Under company law, when new shares are allotted or treasury shares are sold for cash, they must generally first be offered to existing shareholders pro rata to their holdings. This special resolution gives the directors authority, for the period ending on the conclusion of the Annual General Meeting of the Company at which the Company's annual accounts for the financial period ended 31 December 2025 are presented, or 30 June 2026, whichever is earlier, to allot shares of the Company, or sell treasury shares, for cash up to an aggregate nominal value of £5,600 in each case as if the pre-emption rights in company law did not apply. This disapplication of statutory pre-emption rights relates to the authority to allot as proposed under Resolution 1.

Resolution 3 (ratification of previous allotments)

As the terms of agreement under which each allotment is made are not public knowledge and for the avoidance of doubt, Resolution 3 reaffirms that all allotments made to date were done with the appropriate authority to allot and disapplication of pre-emption rights.

Resolution 4 (authority for market purchases of own shares)

Resolution 4 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 14,137,539 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 Annual General Meeting of the Company at which the Company's annual accounts for the financial period ended 31 December 2025 are presented, or 30 June 2026 whichever is earlier.