

**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 747 Lytton Road, Murarrie Qld 4172, Australia on Wednesday 19 June 2024 at 10 pm (British Summer Time) / 7 am (Australian Eastern Standard Time) on Thursday 20 June 2024.

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:**

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

20 May 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 Annual General Meeting (“**AGM**”) of the Company which we are holding at 747 Lytton Road, Murarrie Qld 4172, Australia on Wednesday 19 June 2024 at 10 pm (British Summer Time) / 7 am (Australian Eastern Standard Time) on Thursday 20 June 2024.

The formal notice of the AGM is set out on pages 4 to 6 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 10 pm (British Summer Time) on 17 June 2024.

#### **Business of the meeting**

Explanatory notes on the business to be considered at this AGM appear on page 7 of this document.

At a general meeting of the Company held on 10 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.

The authority conferred by the resolution referred to above was expressed not to expire until the earlier of the conclusion of the Annual General Meeting at which the Company’s annual accounts for the financial period ended 31 December 2024 are presented, and 30 June 2025. The directors will therefore continue to rely on the existing authority and the Company will not seek any renewal of authority to allot shares at the 2024 AGM.

**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 10 pm (British Summer Time) on 17 June 2024.

Yours faithfully,



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 747 Lytton Road, Murarrie Qld 4172, Australia on Wednesday 19 June 2024 at 10 pm (British Summer Time) / 7 am (Australian Eastern Standard Time) on Thursday 20 June 2024, to consider and, if thought fit, pass the resolutions below.

Resolutions 1 to 4 will be proposed as ordinary resolutions.

**ORDINARY RESOLUTIONS**

1. To receive the Company's annual accounts for the financial period ended 31 December 2023, 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 2023 together with the auditor's report on it.
3. To reappoint HGA Chartered Accountants & Financial Consultants Limited of 310 Friern Barnet Lane, London, N20 0LD 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.

20 May 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 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 10 pm (British Summer Time) on 17 June 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 (British Summer Time) on 17 June 2024 (or, in the event of any adjournment, at 6:30 pm 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 19th May 2024, the Company's issued share capital consists of 13,639,005 ordinary shares of £0.0001 each ("**Ordinary Shares**") carrying one vote each, and 435,935,792 deferred shares of £0.0099 each, 23,265,104 deferred shares of £0.99 each and 4,785,474 deferred shares of £0.0999 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](http://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 10 pm (British Summer Time) on 17 June 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.

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 - 4 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 resolutions.

### **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 2023.

### **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 reappoint HGA Chartered Accountants & Financial Consultants Limited of 310 Friern Barnet Lane, London, N20 0LD as the Company's auditors. In accordance with normal practice, Resolution 4 seeks authority for the Company's directors to fix their remuneration.

