

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 Tuesday 10 June 2025 at 11:45pm (British Summer Time) / 8:45am (Australian Eastern Standard Time) on Wednesday 11 June 2025.

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

12 May 2025

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 the Annual General Meeting ("**AGM**") of the Company which we are holding at 747 Lytton Road, Murarrie Qld 4172, Australia on Tuesday 10 June 2025 at 11:45pm (British Summer Time) / 8:45am (Australian Eastern Standard Time) on Wednesday 11 June 2025.

The formal notice of the AGM is set out on pages 4 to 9 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 11:45pm (British Summer Time) on Friday 6 June 2025.

Business of the meeting

Explanatory notes on the business to be considered at this AGM appear on pages 10 to 12 of this document.

Reorganisation of Share Capital

Shareholder approval will be sought to give the board authority to undertake a potential share capital reorganisation (the "**Reorganisation**") whereby every 1,000 issued and unissued ordinary shares of £0.0001 each in the capital of the Company (the "**Original Ordinary Shares**") be consolidated into one ordinary share of £0.10 (the "**Consolidated Ordinary Shares**").

Where, due to the Reorganisation, a shareholder is left with a fractional entitlement to Consolidated Ordinary Shares by virtue of their shareholding not being exactly divisible by the consolidation ratio, any such fractions will be aggregated and the directors may sell the aggregated shares in the market. The proceeds from any sale of the fractional entitlements shall be aggregated and retained for the benefit of the Company.

At this stage, no decision has been made to proceed with the Reorganisation and, should authority be granted, its exercise would be conditional upon the directors deeming that it be in the best interests of the shareholders and necessary to pursue the company's business objectives (e.g. seeking a dual listing). Obtaining shareholder approval at the AGM will provide the company with the flexibility to act efficiently if circumstances arise where the Reorganisation is considered beneficial. This approach avoids the need for an additional General Meeting later in the year, ensuring that any potential action can be taken in a timely and cost-effective manner.

Authority granted for the Reorganisation would 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.

Share authorities

Members are being asked to grant the Company a share authority of 150,000,000 ordinary shares of £0.0001 each. This share authority will enable the Company to effectively undertake any necessary capital raising and operate the business as the Company sees fit.

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

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 11:45pm (British Summer Time) on Friday 6 June 2025.

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 Tuesday 10 June 2025 at 11:45pm (British Summer Time) / 8:45am (Australian Eastern Standard Time) on Wednesday 11 June 2025, to consider and, if thought fit, pass the resolutions below.

Resolutions 1 to 8 will be proposed as ordinary resolutions. Resolutions 9 and 10 will be proposed as special resolutions.

ORDINARY RESOLUTIONS

1. To receive the Company's annual accounts for the financial period ended 31 December 2024, 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 2024 together with the auditor's report on it.
3. To reappoint HGA Accountants & Financial Consultants Limited of Suite 2a, 7th Floor City Reach, 5 Greenwich View Place, London, E14 9NN 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. **THAT**, in accordance with section 618 of the Companies Act 2006, the directors of the Company be generally and unconditionally authorised to undertake a share capital reorganisation (the "**Reorganisation**"), at such time and in such manner as the directors may reasonably determine, whereby every 1,000 issued and unissued ordinary shares of £0.0001 each in the capital of the Company (the "**Original Ordinary Shares**") be consolidated into one ordinary share of £0.10 (the "**Consolidated Ordinary Shares**") and that 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:
 - 7.1 the Consolidated Ordinary Shares will have the same rights and be subject to the same restrictions (save as to nominal value) as the Original Ordinary Shares as set out in the Company's articles of association for the time being;

- 7.2 the aggregate number of Consolidated Ordinary Shares to which a member shall be entitled shall be rounded down to the nearest whole number of Consolidated Ordinary Shares (or, as the case may be, nil) and any fraction of a Consolidated Ordinary Share to which a member of the Company would otherwise have been entitled shall, so far as practicable, be aggregated with the fractions of a Consolidated Ordinary Share to which other members of the Company would otherwise have been entitled;
- 7.3 the directors of the Company be and are authorised and entitled, should they choose, to sell (or appoint any other person to sell) all the Consolidated Ordinary Shares representing fractional entitlements arising as a result of the Reorganisation, at such price as the directors shall reasonably determine, to the Company or a third party and to retain the proceeds of sale for the benefit of the Company and any director (or any person appointed by the directors) be authorised to execute and deliver instruments or instructions of transfer and to do any and all acts and things and make any and all arrangements as such director (or person appointed by the directors) considers necessary, expedient or appropriate to effect the transfer, settlement and/or disposal of such shares; and
- 7.4 any Consolidated Ordinary Shares not sold pursuant to this Resolution shall be held by the Company.
8. **THAT** 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 £15,000:
- 8.1 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. 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; and
- 8.2 all previous authorities to allot shares or grant Rights, to the extent unused, shall be revoked.

SPECIAL RESOLUTIONS

9. **THAT** subject to and conditional on the passing of Resolution 8, 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 8 as if section 561 of the Companies Act 2006 did not apply to the allotment:

- 9.1 this power shall expire when the authority given by Resolution 8 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
- 9.2 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 8" were omitted from the introductory wording to Resolution 9.
10. **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 £0.0001 each in the capital of the Company upon such terms and in such manner as the directors of the Company shall determine, provided that:
- 10.1 the maximum aggregate number of ordinary shares authorised to be purchased is 150,000,000;
- 10.2 the minimum price which may be paid for such ordinary shares is £0.0001 per share (exclusive of expenses);
- 10.3 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;
- 10.4 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
- 10.5 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.

12 May 2025

By order of the Board

A handwritten signature in black ink, appearing to read 'Simon St Ledger', with a stylized flourish at the end.

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 11:45pm (British Summer Time) on Friday 6 June 2025.
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 Friday 6 June 2025 (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 12 May 2025, the Company's issued share capital consists of 144,907,300 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. 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 11:45pm (British Summer Time) on Friday 6 June 2025. 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. If you are an institutional investor, you may be able to appoint a proxy electronically via the Proxymity platform, a process which has been agreed by the Company and approved by the Registrar. For further information regarding Proxymity, please go to www.proxymity.io. Your proxy must be lodged by 11:45pm on Friday 6 June 2025 in order to be considered valid. Before you can appoint a proxy via this process you will need to have agreed to Proxymity's associated terms and conditions. It is important that you read these carefully as you will be bound by them, and they will govern the electronic appointment of your proxy.
11. 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.
12. 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.
13. 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>.
14. 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 to 8 are proposed as ordinary resolutions. This means that for these resolutions to be passed, more than half of the votes cast must be in favour of the resolutions.

Resolutions 9 and 10 are proposed as special resolutions. This means that for these resolutions 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 2024.

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 Accountants & Financial Consultants Limited of Suite 2a, 7th Floor City Reach, 5 Greenwich View Place, London, E14 9NN 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 and 6 (re-appointment of directors)

Simon St Ledger and Shayne Anthony Kellow are standing for reappointment as directors in accordance with Article 77.1.2 of the articles of association of the Company.

Resolution 7 (share capital reorganisation)

Resolution 7 authorises, in accordance with section 618 of the Companies Act 2006 (the "**Act**"), a share capital reorganisation (the "**Reorganisation**") whereby every 1,000 ordinary shares of £0.0001 each in the capital of the Company (the "**Original Ordinary Shares**") be consolidated into one ordinary share of £0.10 (the "**Consolidated Ordinary Shares**").

At this stage, no decision has been made to proceed with the Reorganisation and, should authority be granted, its exercise would be conditional upon the directors deeming that it be in the best interests of the shareholders and necessary to pursue the company's business objectives (e.g. seeking a dual listing).

Resolutions 7.2, 7.3 and 7.4 seek approval for the directors' proposals regarding fractional entitlements. Best practice in the United Kingdom as set out in the Listing Rules (as issued by the United Kingdom Financial Conduct Authority) is that where a shareholder has a fractional entitlement, the issuing company must ensure that the fraction is sold for the benefit of that shareholder, except where the value of the fractional entitlement does not exceed £5.00, when it may be sold for the benefit of the company. Considering the market price of the Original Ordinary

Shares as at the date of this notice, the market price of a single Consolidated Ordinary Share following the proposed Reorganisation is due to be approximately €0.10. Given that the anticipated value of any such fractional entitlements is such a small amount no provision is being made for payment to shareholders, as the costs involved in arranging such payments would be greater than the amount due to be paid. For the aforementioned reasons, the directors are proposing that any fractional entitlements be sold for the benefit of the Company or retained by the Company. Any shares retained by the Company pursuant to Resolution 7.4 would effectively be transferred to the Company in accordance with section 659(1) of the Act.

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.

Resolution 8 (authority to allot)

Resolution 8 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 £15,000.

This authority is being sought to enable the directors 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 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.

Please also see the explanatory notes to proposed Resolution 9 relating to the disapplication of statutory pre-emption rights.

Resolution 9 (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 to allot shares of the Company, or sell treasury shares, for cash up to an aggregate nominal value of £15,000 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 8. 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.

Resolution 10 (authority for market purchases of own shares)

Resolution 10 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 150,000,000 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.