

**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.

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**Rapid Nutrition plc**

(incorporated and registered in England and Wales under number 07905640)  
(the “Company”)

**NOTICE OF ANNUAL GENERAL MEETING**

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Notice of an Annual General Meeting of the Company to be held at 747 Lytton Road, Murarrie QLD 4172, Australia on Wednesday 10 June 2026 at 11:30 pm (British Summer Time) / 8:30 am (Australian Eastern Standard Time) on Thursday 11 June 2026.

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

11 May 2026

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 will be held at 747 Lytton Road, Murarrie QLD 4172, Australia on Wednesday 10 June 2026 at 11:30 pm (British Summer Time), being 8:30 am (Australian Eastern Standard Time) on Thursday 11 June 2026.

The formal notice of the AGM is set out on pages 4 to 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 11:30 pm (British Summer Time) on 8 June 2026.

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

Explanatory notes on the business to be considered at this AGM appear on pages 8 and 9 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 or via Proximity (please see the notes to the AGM Notice for further details on how to

vote). 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 11:30 pm (British Summer Time) on 8 June 2026.

Yours faithfully,

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 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 10 June 2026 at 11:30 pm (British Summer Time)/ being 8:30 am (Australian Eastern Standard Time) on Thursday 11 June 2026, to consider and, if thought fit, pass the resolutions below.

Resolutions 1 to 6 will be proposed as ordinary resolutions and resolutions 7 to 8 are proposed as special resolutions.

### ORDINARY RESOLUTIONS

1. To receive the Company's annual accounts for the financial period ended 31 December 2025, together with the directors' report and the auditors' report on those accounts.
2. To receive and approve, on an advisory basis, the directors' remuneration report for the financial period ended 31 December 2025 together with the auditor's report on it.
3. To appoint Agnon LLP of Kelvin House, Kelvin Way, Crawley, RH10 9WE, as auditors of the Company, 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 Jeffrey Reingold as a director of the Company.
6. THAT:
  - 6.1 the directors of the Company ("**Directors**") be generally and unconditionally authorised under section 551 of the Companies Act 2006 ("**CA 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 £3,000,000 provided that this authority shall expire (unless previously revoked by the Company) on the date falling five years from the date of this resolution save that 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
  - 6.2 This authority shall, upon its coming into effect, revoke and replace all unexercised authorities previously granted to the Directors but without prejudice to any allotment of shares or grant of Rights already made or offered or agreed to be made pursuant to such authorities.

## SPECIAL RESOLUTIONS

7. THAT with effect from the conclusion of the meeting the draft articles of association produced to the meeting and, for the purposes of identification, initialled by the Chairman be adopted as the articles of association of the Company in substitution for, and to the exclusion of, the Company's existing articles of association.
8. THAT subject to the passing of resolution 6 and in accordance with section 570 of the CA 2006, the Directors be generally empowered to allot equity securities (as defined in section 560 of the CA 2006) pursuant to the authority conferred by resolution 6, as if section 561(1) of the CA 2006 did not apply to any such allotment, provided that this power shall:
  - 8.1 be limited to the allotment of equity securities up to an aggregate nominal amount of £3,000,000; and
  - 8.2 expire when the authority given by resolution 6 is revoked or expires (unless renewed, varied or revoked by the Company prior to or on that date), save that the Company may, before such expiry, 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 any such offer or agreement notwithstanding that the power conferred by this resolution has expired.

11 May 2026

By order of the Board



**Simon St Ledger**

Chairman

Rapid Nutrition plc

Company registration number 07905640

Registered Office:

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

## 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 at Equiniti, Highdown House, Yeoman Way, Worthing, West Sussex, BN99 6DA no later than 11:30 pm (British Summer Time) on 8 June 2026.
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 8 June 2026 (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 7 May 2026, which is the latest practicable date before publication of this notice, the Company's issued share capital consists of 6,154,934 ordinary shares of £0.10 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.

The Company also supports Proxymity platform as an additional channel for the submission of voting instructions by institutional shareholders.

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 & International 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 11:30 pm (British Summer Time) on 8 June 2026. 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 & International 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](http://www.proxymity.io). Your proxy must be lodged by 11:30 pm on 8 June 2026 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 <https://rnplc.com/corporate/governance/>
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 6 are proposed as ordinary resolutions. Resolutions 7 to 8 are proposed as special 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 2025.

### **Resolution 2 (remuneration report)**

The Company's shareholders will be asked to approve the remuneration report at the Annual General Meeting, on an advisory basis.

### **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 appoint Agnon LLP of Kelvin House, Kelvin Way, Crawley, RH10 9WE as the Company's auditors. In accordance with normal practice, Resolution 4 seeks authority for the Company's directors to fix their remuneration.

The decision not to reappoint HGA Accountants & Financial Consultants Limited, and to appoint Agnon LLP in their place, forms part of the Board's ongoing commitment to maintaining strong corporate governance standards, including the periodic rotation of auditors after a number of years. The Board believes that appointing a new auditor will provide a fresh perspective, support audit quality, and ensure alignment with the Company's evolving structure and future growth plans.

### **Resolution 5 (reappointment of director)**

Jeffrey Reingold is standing for reappointment as a director in accordance with Article 77.1.2 of the articles of association of the Company.

### **Resolution 6 (authority to allot)**

Resolution 6 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 £3,000,000.

This authority is being sought to provide the Directors with flexibility to allot shares and support the Company's ongoing growth, funding initiatives and strategic objectives. This authority will expire five years from the date of this resolution but may be revoked before such date. This authority will, upon its coming into effect, replace the existing authority granted to the Directors at the general meeting held on 23 October 2025.

Please also see the explanatory notes to proposed Resolution 8 relating to the disapplication of statutory pre-emption rights.

## **Resolution 7**

Resolution 7 approves the adoption of new articles of association (the “**New Articles**”) for the Company in the form to be produced at the meeting. The New Articles are also available on the Company’s website at <https://mplc.com/corporate/governance/>

The New Articles are the same as the existing articles of association of the Company, save that the definition of the ordinary shares now reflects their new nominal value of £0.10 each, further to the consolidation approved by the members at a general meeting of the Company held on 23 October 2025.

## **Resolution 8 (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 £3,000,000 in each case as if the pre-emption rights in company law did not apply. This authority works in combination with the authority to allot shares granted by Resolution 6 and will expire in line with that authority.





