

PANGEA NATURAL FOODS ANNOUNCES NEW SINGLE SERVING VEGAN PRE- WORKOUT SUPPLEMENT

VANCOUVER, BC, Nov. 2, 2022 /PRNewswire/ -- **Pangea Natural Foods Inc.** (CSE: PNGA) ("**Pangea**" or the "**Company**"), a natural food company, is pleased to announce that it has begun formulation of a new vegan single serving pre-workout supplement, in partnership with Superbolt Tea and Blue Ocean Tea Company.

The Company's vegan pre-workout supplement is formulated with vegan honey and packed in a unique packaging, designed for one-handed opening and unit-dose pouring.

"Our customers are going to love this new pre-workout formula that complements our ever-growing portfolio of high-quality products," says Pangea CEO Pratap Sandhu, "We're excited to work with specialists such as Superbolt Tea and Blue Ocean Tea, and to unveil a fantastic vegan-friendly product with unique, easy-to-use packaging."

In 2021, the Global Pre-Workout Supplements Market reached a value of US\$15.6 billion, and is expected to reach US\$28.7 billion by 2028, growing at a compounded annual growth rate (CAGR) of 9.1%.^[1]

Superbolt Tea specializes in innovation in the tea industry with a focus on athletics and health with products made to provide athletes and creatives with a long-lasting, sustainable source of energy that can be consumed before a workout, at the office and anything in between. Every Superbolt Tea order is hand packed at Superbolt's small office in Vancouver, BC, and their products are certified by the California Certified Organic Farmers (CCOF), using 100% biodegradable tea bags.^[2]

Blue Ocean Tea has built decades of experience in the tea industry and works with many specialty tea brands in North America and Europe, such as Blume and David's Tea, to bring quality products to market. Their 18,000-square-foot facility is located within Canada's largest industrial park, just minutes away from the US-Canada border.

All of Pangea's products are manufactured in the Vancouver lower mainland at an in-house facility approved by both the Canadian Food Inspection Agency and the U.S. Food and Drug Administration. To provide a convenient experience for its customers, the Company offers its products for purchase via e-commerce platforms and traditional retail outlets, including Save-on-Foods.

Pangea offers a broad portfolio of innovative healthy food products that taste great and are sustainably sourced. Pangea's signature products include the Pangea Plant-Based Patties, Pangea Old Fashioned Ghee and the Pangea Munchie Mix, which are available on the Company's website and in over 250 leading national retail food stores across Canada and the United States.

About Pangea Natural Foods Inc.

Pangea Natural Foods Inc. is a food manufacturing company focused on manufacturing and distributing high quality food products that are nutritious and free of GMO ingredients, fillers, antibiotics, hormones, and bioengineered ingredients.

On Behalf of the Board of Directors

(signed) "Pratap Sandhu"

Pratap Sandhu

CEO, Corporate Secretary and Director

For further information, please visit the Company's website at www.pangeafood.com or contact:

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Forward-Looking Information

This news release includes certain statements and information that constitute forward-looking information within the meaning of applicable Canadian securities laws, including statements regarding the Company's plans to expand its portfolio of products and expectations regarding the Company's growth. Generally, forward-looking statements and information can be identified by the use of forward-looking terminology such as "intends," "anticipates," "it is expected," or variations of such words and phrases, or statements that certain actions, events or results "may," "could," "should," or "would" occur.

Forward-looking statements are based on certain material assumptions and analyses made by management of the Company and the opinions and estimates of management of the Company as of the date of this news release, including that the Company will be able to expand its portfolio of products and that the Company's business will grow. Although the Company considers these assumptions to be reasonable based on information currently available to them, they may prove to be incorrect, and the forward-looking statements in this release are subject to numerous risks, uncertainties and other factors that may cause future results to differ materially from those expressed or implied in such forward-looking statements. Such risk factors may include, among others, that the Company will not be able to expand its portfolio of products, and the other risks and uncertainties applicable to the Company and the business of the Company as set forth in the Company's final long form prospectus dated June 20, 2022 and its other disclosure available under the Company's profile at www.sedar.com.

There can be no assurance that the transactions contemplated in this news release will complete. Although management of the Company has attempted to identify important factors that could cause actual results to differ materially from those contained in forward-looking statements or forward-looking information, there may be other factors that cause results not to be as anticipated, estimated or intended. There can be no assurance that such statements will prove to be accurate, as actual results and future events could differ materially from those anticipated in such statements. Accordingly, readers should not place undue reliance on forward-looking statements and forward-looking information. Readers are cautioned that reliance on such information may not be appropriate for other purposes. The Company does not intend, and does not assume any obligation, to update these forward-looking statements or information to reflect changes in assumptions or changes in circumstances or any other events affecting such statements and information other than as required by applicable laws, rules and regulations. We seek safe harbor.

This news release includes market and industry data that has been obtained from third party sources, including industry publications. The Company believes that the industry data is accurate and that its estimates and assumptions are reasonable, but there is no assurance as to the accuracy or completeness of this data. Third party sources generally state that the information contained therein has been obtained from sources believed to be reliable, but there is no assurance as to the accuracy or completeness of included information. Although the data is believed to be reliable, the Company has not independently verified any of the data from third party sources referred to in this press release or ascertained the underlying economic assumptions relied upon by such sources.

^[1] <https://www.globenewswire.com/en/news-release/2022/06/07/2457978/0/en/Global-Pre-Workout-Supplements-Market-size-to-Reach-USD-28-68-billion-by-2028-with-growing-Fitness-Enthusiasts-and-Gym-Goers-SkyQuest-Technology.html>

^[2] <https://www.superbolt-tea.com/pages/about-us>