

Adia Nutrition, Inc.
1865 Herndon Ave, STE K358
Clovis, CA 93611

SUPPLEMENTAL INFORMATION

April 25, 2023

On April 1, 2023, Adia Nutrition, Inc. (the “Company” or “ADIA”) acquired Hydration Foundation, inc. (“Hydration Foundation”).

Directly prior to the acquisition of Hydration Foundation, ADIA was a Shell Company.

The Company is changing its status and is no longer a Shell Company.

Immediately following the acquisition of Hydration Foundation, ADIA was no longer a Shell Company as defined in Rule 12b-2 under the Securities Exchange Act of 1934 as amended (the “Exchange Act”)

The effective date of the change in Shell Company status is April 1, 2023.

The reason that the Company believes it is no longer a Shell Company is that Hydration Foundation, Inc. has operations.

Hydration Foundation, Inc. is producing a website and an app for phones (both iPhone and Android) that will track an individual user’s water intake along with the minerals found in the water they drink.

<https://hydration-foundation.webflow.io/>

The Hydration Foundation, Inc. is all about helping people. Because of natural disasters such as hurricanes, tornadoes, floods, earthquakes, and wildfires happening in the United States every year. The Hydration Foundation, Inc is committed to helping with charitable contributions of bottled water. We have been donating Bottled water to help and make a positive difference in survivors’ lives. The Hydration Foundation, Inc. phone and website App will allow others to donate through the App to join us in helping survivors of these natural disasters.

It is for the aforementioned reasons that the Company believes immediately following the Company's acquisition of Hydration Foundation, Inc. that it is no longer a Shell Company as defined by Rule 12b-2 under the Exchange Act.

Hydration Foundation, Inc. financials will be included as part of the Consolidated Financials for Adia Nutrition, Inc. upcoming quarterly report for the period ending 3/31/2023.

Dated: April 25, 2023

/S/ Leonard M. Greene
President and Director