Ongoing Disclosure Notice

Disclosure of Directors and Senior Managers Relevant Interests

Sections 297(2) and 298(2), Financial Markets Conduct Act 2013

To NZX Limited; and	
Name of listed issuer:	Me Today Limited (NZX: MEE)
Date this disclosure made:	9-Nov-26
Date of last disclosure:	17-Nov-25

Director or senior manager giving disclosure

Full name(s):	Roger Hamilton Gower
Name of listed issuer:	Me Today Limited
Name of related body corporate (if applicable):	N/A
Position held in listed issuer:	Independent Director

Summary of acquisition or disposal of relevant interest (excluding specified derivatives)

Class of affected quoted financial products:	Ordinary shares
Nature of the affected relevant interest(s):	Registered holder and beneficial owner

For that relevant interest-

Number held in class before acquisition or disposal:	904,754
Number held in class after acquisition or disposal:	1,667,305
Current registered holder(s):	N/A
Registered holder(s) once transfers are registered:	Roger Hamilton Gower and Deborah Lynda Gower

Details of transactions giving rise to acquisition or disposal

Total number of transactions to which notice relates:	Two

Details of transactions requiring disclosure-

Date of transaction:	6-Nov-26	6-Nov-26
Nature of transaction:	Exercise of 452,377 Series 1 warrants at an exercise price of NZ$0.06 per ordinary share	Issue of 310,174 ordinary shares at NZ$0.0806 per share in settlement of accrued directors' fees for 1 October 2025 to 30 September 2026.
Name of any other party or parties to the transaction (if known):	Me Today Limited (issuer)	Me Today Limited (issuer)
The consideration, expressed in New Zealand dollars, paid or received for the acquisition or disposal. If the consideration was not in cash and cannot be readily by converted into a cash value, describe the consideration:	$27,142.62	$25,000.00
Number of financial products to which the transaction related:	452,377	310,174

Certification

I, certify that, to the best of my knowledge and belief, the information contained in this disclosure is correct and that I am duly authorised to make this disclosure by all persons for whom it is made.	
Signature of person authorised to sign on behalf of director or officer:	
Date of signature:	9-Nov-26
Name and title of authorised person:	Stephen Sinclair, CEO