

March 8, 2023

Notice to Unitholders Tax Treatment of 2022 Distribution

Middlefield Health & Wellness ETF (“Wellness”)

T3 Supplementary slips will be issued by investment dealers by March 31, 2023. The following table outlines the allocation of the 2022 distribution for each Unit.

RECORD DATE	PAYABLE DATE	DISTRIBUTION PER UNIT	ALLOCATION		
			FOREIGN NON-BUSINESS INCOME	ELIGIBLE DIVIDEND	CAPITAL GAINS
January 31, 2022	February 15, 2022	\$ 0.041670	\$ 0.002805	\$ 0.000756	\$ 0.038109
February 28, 2022	March 15, 2022	0.041670	0.002805	0.000756	0.038109
March 31, 2022	April 14, 2022	0.041670	0.002805	0.000756	0.038109
April 30, 2022	May 13, 2022	0.041670	0.002805	0.000756	0.038109
May 31, 2022	June 15, 2022	0.041670	0.002805	0.000756	0.038109
June 30, 2022	July 15, 2022	0.041670	0.002805	0.000756	0.038109
July 31, 2022	August 15, 2022	0.041670	0.002805	0.000756	0.038109
August 31, 2022	September 15, 2022	0.041670	0.002805	0.000756	0.038109
September 30, 2022	October 14, 2022	0.041670	0.002805	0.000756	0.038109
October 31, 2022	November 15, 2022	0.041670	0.002805	0.000756	0.038109
November 30, 2022	December 15, 2022	0.041670	0.002805	0.000756	0.038109
December 31, 2022	January 13, 2023	0.041670	0.002805	0.000756	0.038109
TOTAL		\$ 0.500040	\$ 0.033660	\$ 0.009072	\$ 0.457308
		100.00%	6.73%	1.81%	91.46%

Wellness Units trade on the Toronto Stock Exchange under the symbol HWF.

For further information, please visit our website at www.middlefield.com or contact Nancy Tham in our Sales and Marketing Department at 1-888-890-1868.