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NEWS RELEASE | MARCH 30, 2026 | CASCAIS, PORTUGAL

PULSAR ANNOUNCES STOCK OPTION EXERCISE, TVR AND DIRECTOR/PDMR SHAREHOLDING

Pulsar Helium Inc. (AIM: PLSR, TSXV: PLSR, OTCQB: PSRHF) ("**Pulsar**" or the "**Company**"), a primary helium company, notes on March 27, 2026, Cambrian Limited, a company beneficially owned and controlled by Neil Herbert, Executive Chair of the Company, exercised 1,597,061 stock options ("**Cambrian Option Exercise**") over new common shares ("**Shares**"), issued pursuant to the Company's shareholder and TSX Venture Exchange approved Stock Option Plan, at an exercise price of CAD$0.45 each, generating cash proceeds for the Company of CAD$718,677.

Director/PDMR Shareholding

In addition, the Company was notified of dispositions on March 26, 2026, of in aggregate 804,800 Shares controlled by NH Family Office Limited, which is beneficially owned by Neil Herbert (the "**Disposition**"). Following the Cambrian Option Exercise and the Disposition, Mr. Herbert's beneficial interest through Cambrian Limited and NH Family Office Limited in Pulsar has increased to 13,699,159 Shares, representing 7.42% of the Company's issued and outstanding Shares on Admission (as defined below).

Pulsar notes that Mr. Herbert is interested directly in 454,000 PSUs pursuant to the Company's shareholder approved Equity Plan.

The PDMR notification forms below sets additional information.

Admission and total voting rights

Application will be made to the London Stock Exchange for the admission of the 1,597,061 new Shares to trading on AIM ("**Admission**"), which will rank *pari passu* with existing Shares. Admission is expected to occur at 8.00 a.m. (BST) on or around April 2, 2026.

Following Admission, Pulsar will have 184,524,719 Shares issued and there are no shares held in treasury. This figure may be used by shareholders as the denominator for the calculations to determine if they are required to notify their interest in, or a change of their interest in, the Company under the FCA's Disclosure Guidance and Transparency Rules and the Company's Articles.

On behalf of Pulsar Helium Inc.
"Thomas Abraham-James"
President, CEO and Director

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About Pulsar Helium Inc.

Pulsar Helium Inc. is a publicly traded company quoted on the AIM market of the London Stock Exchange (United Kingdom) and listed on the TSX Venture Exchange with the ticker PLSR (Canada), as well as on the OTCQB with the ticker PSRHF (United States of America). Pulsar's portfolio consists of its flagship Topaz helium project in Minnesota, the Falcon project in Michigan (both in the USA), and the Tunu helium project in Greenland. Pulsar is the first mover in each location with primary helium occurrences not associated with the production of hydrocarbons identified at both the Minnesota and Greenland locations. Exploration work has not yet commenced at the Michigan location.

PDMR Notification Form:

1.	**Details of the person discharging managerial responsibilities / person closely associated**	
a)	Name	Cambrian Limited is a PCA of Neil Herbert, Executive Chairman and Director of the Company
2.	**Reason for the Notification**	
a)	Position/status	Executive Chairman and Director
b)	Initial notification/amendment	Initial notification
3.	**Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor**	
a)	Name	Pulsar Helium Inc.
b)	LEI	254900ZCNH1VXNBQY881
4.	**Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv)each place where transactions have been conducted**	
a)	Description of the Financial instrument, type of instrument	Common Shares of no par value
	Identification code	CA7459321039
b)	Nature of the Transaction	Shares issued pursuant to the exercise of stock options
c)	Price(s) and volume(s)	Price(s): CAD$0.45 Volume(s): 1,597,061
d)	Aggregated information Aggregated volume Price	N/A (single transaction)
e)	Date of the transaction	March 27, 2026
f)	Place of the transaction	Outside trading venue

1.	**Details of the person discharging managerial responsibilities / person closely associated**	
a)	Name	NH Family Office is a PCA of Neil Herbert, Executive Chairman and Director of the Company
2.	**Reason for the Notification**	
a)	Position/status	Director
b)	Initial notification/amendment	Initial notification
3.	**Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor**	
a)	Name	Pulsar Helium Inc.
b)	LEI	254900ZCNH1VXNBQY881
4.	**Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv)each place where transactions have been conducted**	
a)	Description of the Financial instrument, type of instrument	Common Shares of no par value
	Identification code	CA7459321039
b)	Nature of the Transaction	Sale of Shares
c)	Price(s) and volume(s)	see below

Price(s)	Volume(s)
CAD 1.7614100	100,000
CAD 1.7448400	100,000
CAD 1.7618750	100,000
CAD 1.7575000	100,000
CAD 1.7286400	54,800
GBP 0.9121670	60,000
GBP 0.9125000	60,000
GBP 0.9250000	60,000
GBP 0.9575000	50,000
GBP 0.9500000	60,000

		GBP 0.9600000	60,000
d)	Aggregated information Aggregated volume Price	Volume (CAD trades): 454,800 Price (CAD): 1.7530606 per Share Volume (GBP trades): 350,000 Price (GBP): 0.9355858 per Share	
e)	Date of the transaction	March 26, 2026	
f)	Place of the transaction	London Stock Exchange: AIM & TSX Venture Exchange	