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NEWS RELEASE | JUNE 17, 2026 | CASCAIS, PORTUGAL

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

Pulsar Helium Inc. (AIM: PLSR, TSXV: PLSR, OTCQB: PSRHF) ("**Pulsar**" or the "**Company**") notes that on June 15, 2026, Dan O'Brien, Director and Chief Financial Officer of the Company, exercised 100,000 stock options, issued pursuant to the Company's shareholder and TSX Venture Exchange approved Stock Option Plan, at a price of CAD$0.45 each.

Director/PDMR Shareholding

Following Mr. O'Brien's 100,000 stock option exercise the underlying common shares were immediately sold to facilitate a cashless exercise. In addition, Mr. O'Brien sold 16,500 common shares previously held. Mr. O'Brien now holds 219,333 common shares through Golden Oak Corporate Services Ltd., a Company owned and controlled by Mr. O'Brien and Ben Meyer, the Company's Corporate Secretary, representing 0.12% of the Company's issued and outstanding common shares on Admission (as defined below).

Pulsar notes that Mr. O'Brien is interested directly in 650,000 stock options pursuant to the Company's shareholder approved Stock Option Plan and 300,000 PSUs pursuant to the Company's shareholder approved Equity Plan.

The PDMR notification forms below sets additional information.

Admission to AIM and Total Voting Rights

Application has been made to the London Stock Exchange plc for the admission of the 100,000 new common shares issued pursuant to abovementioned option exercise, to be admitted to trading on AIM, which is expected to occur and dealings commence at 8.00 a.m. on or around June 19, 2026. The new common shares will rank *pari passu* with the Company's existing common shares.

On Admission, the total number of common shares in issue will be 188,673,418 with voting rights. This figure may be used by shareholders as the denominator for the calculations by which they will determine if they are required to notify their interest in, or a change to their interest in, the Company's issued share capital pursuant to the Company's Articles.

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

Further Information:

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PDMR Notification Form:

1.	**Details of the person discharging managerial responsibilities / person closely associated**	
a)	Name	Dan O'Brien
2.	**Reason for the Notification**	
a)	Position/status	Director and Chief Financial Officer
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	Exercise of stock options
c)	Price(s) and volume(s)	Price(s): CAD$0.45; Volume(s): 100,000
d)	Aggregated information Aggregated volume Price	N/A (single transaction)
e)	Date of the transaction	June 15, 2026
f)	Place of the transaction	Outside trading venue

1.	**Details of the person discharging managerial responsibilities / person closely associated**	
a)	Name	Dan O'Brien
2.	**Reason for the Notification**	

a)	Position/status	Director and Chief Financial Officer
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): 100,000
d)	Aggregated information Aggregated volume Price	N/A (single transaction)
e)	Date of the transaction	June 15, 2026
f)	Place of the transaction	Outside trading venue

1.	**Details of the person discharging managerial responsibilities / person closely associated**	
a)	Name	Dan O’Brien
2.	**Reason for the Notification**	
a)	Position/status	Director and Chief Financial Officer
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)	Price(s): CAD$1.60 — Volume(s): 32,200 Price(s): CAD$1.46 — Volume(s): 84,300
d)	Aggregated information Aggregated volume Price	116,500 CAD$1.50
e)	Date of the transaction	June 15, 2026 and June 16, 2026
f)	Place of the transaction	TSX Venture Exchange