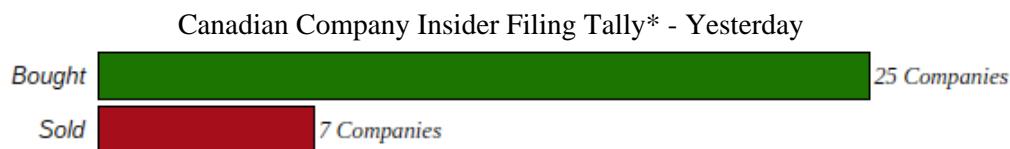


Accessible version of this report available at <https://inkresearch.com/a/?a=59003be3c9>

Morning Report: Insider bets that GURU Organic shares will enjoy some new energy July 24, 2025

Canada's morning overview of insider filings with a special focus on companies that may interest active and momentum-oriented investors.



Yesterday, 25 companies had insider buy filings and 7 companies had insider sell filings.

INK Market-Wide Sentiment Indicator*

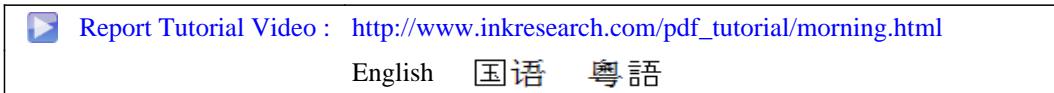


INK Market-Wide Sentiment Indicator: **147.0%**

INK Sentiment Reading: **Undervalued**

INK Venture Sentiment Reading: **Undervalued**

*Filing Tally represents Toronto Stock Exchange and Venture companies with public-market transaction SEDI filings of directly-owned equity securities. Indicators represent companies with buy-only transactions divided by companies with sell-only transactions of direct ownership equity securities in the public-market by officers and directors (exclusive of officers and directors of subsidiaries or insiders) filed over the last 60 days. The chart line shows insider sentiment trends by connecting the historic indicator daily readings going back one year. See our market report for commentary on indicator readings.



Overview: Sentiment and Stocks

Today, we provide an update on energy drink firm GURU Organic Energy (GURU). As we noted in our February 4th report, GURU's Canadian distribution agreement with PepsiCo Canada ended on May 22nd, with GURU moving to a direct distribution model in Canada. The stock is down 1.6% since that report.

When GURU reported its Q2 (ended April 30th) results on June 12th, net revenue was \$6.5 million, down from \$8.0 million in Q2 2024. GURU attributed the decline primarily to a strong prior year in the US as well as a temporary order and shipment shortfall related to the transition to its new distribution system which it does not expect to be an issue in future quarters. GURU reported a net loss of \$1.4 million (\$0.05 per share), an improvement on a loss of \$2.7 million (\$0.09 per share) in the comparable period. GURU highlighted its progress toward profitability with Q2 gross margin of 59.7%, up from 55.8% in Q2 2024. Q2 also represents its second-lowest quarterly net loss since Q2 2021. In the months ahead, GURU will be executing its new direct distribution model in Canada and striving to build on some recent sales success in the US including two record months at Whole Foods in Q2. Regarding tariffs, GURU stated that it is "not currently subject to any implemented tariffs that materially affect its operations," but it continues to monitor developments. Meanwhile, an insider bought recently while the company has also been buying back shares.

About INK Research

Through our PDF reports, as well as our alerts, interactive charting and analytical services delivered via www.inkresearch.com, INK provides insider news and knowledge to investors.

For sales and trial subscription information please contact inquiries@inkresearch.com or call us at 604-669-4465 #333.

Today's Chart

GURU Organic Energy Corp. (GURU)

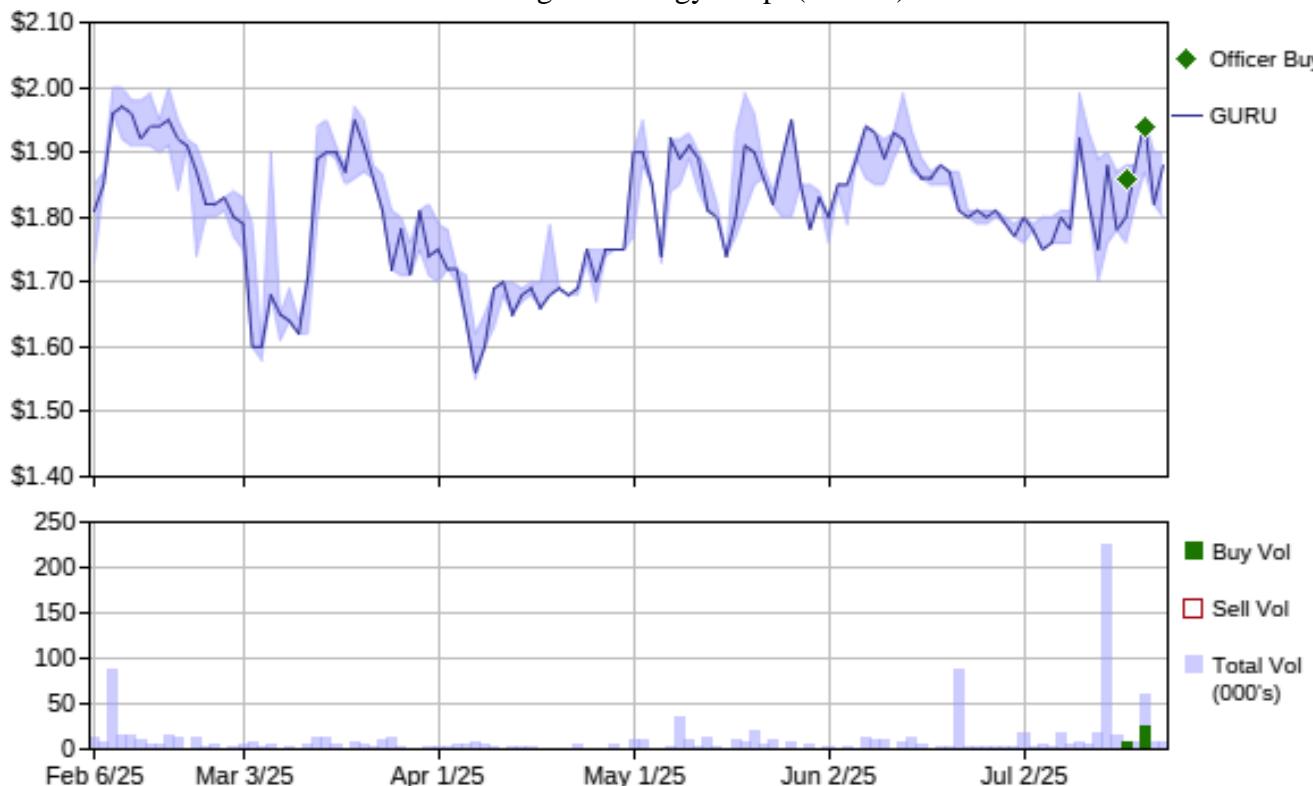


Chart reflects public-market and option-exercise transactions of common shares (unit trusts) by company officers and directors. USD transactions are converted to Canadian dollars by us using the Bank of Canada noon rate on the transaction date.

From July 17th to July 21st, GURU Organic Energy (GURU) Executive Vice President of Sales Patrick Charbonneau bought a total of 32,000 common shares at an average price of \$1.92. Mr. Charbonneau is the fifth-largest beneficial insider equity holder at the company with 200,000 shares representing 0.66% of shares outstanding.

In addition, on June 30th, GURU Organic Energy bought back 96,072 common shares at \$1.83 (not shown on chart). GURU Organic Energy has an estimated trailing 12-months buyback yield of 0.1%.

GURU Organic Energy has above median ownership (direct & indirect holdings) by Officers and Directors compared to other small-cap stocks in the Consumer Non-Cyclicals sector according to SEDI filings as of July 22nd, 2025.

GURU Organic Energy currently holds a mostly sunny INK Edge outlook on the equally weighted V.I.P. criteria of valuations, insider commitment, and price momentum which places it in the top 30% of all stocks ranked. INK outlook categories are designed to identify groups of stocks that have the potential to out or underperform the market. However, any individual stock could surprise on the up or downside. As such, outlook categories are not meant to be stock-specific recommendations. For background on our INK Edge outlook, please visit our FAQ #3 at inkresearch.com.

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Top-10 Tables: Yesterday's Activities

Tables represent public market transactions of directly held equity securities plus purchases and sales of these securities from the exercise of options by company officers and directors filed on or after July 23, 2025. Transactions filed on Saturday and Sunday are aggregated into Friday's number. INK may adjust certain filings for common filing errors on a reasonable efforts basis.

M - Public market transaction

O - Exercise of options

Top 10 Net "CO2" Buying (By dollar amount, 000's)	
O Tower Resources (TWR)	\$109.3
M Canuc Resources (CDA)	\$10.0
M Western Star Resources (WSR)	\$9.4
M Canadian Critical Minerls (CCMI)	\$6.0
M Vior (VIO)	\$3.6
M DynaCERT (DYA)	\$1.7
M ESE Entertainment (ESE)	\$1.5
M AsiaBaseMetals (ABZ)	\$0.1

Top 10 Net "CO2" Selling (By dollar amount, 000's)	
M O Royal Bank of Canada (RY)	\$-2,191.0
M Giant Mining (BFG)	\$-73.3
M 37 Capital (JJJ)	\$-49.0

"CO2" may include Board chairs, CEOs, Presidents, CFOs, Treasurers, and Controllers of companies. See data description above.

Top 10 Net Insider Buying (By dollar amount, 000's)	
M Osisko Metals (OM)	\$207.7
O Tower Resources (TWR)	\$109.3
M PTX Metals (PTX)	\$19.0
M Cloud3 Ventures (CLDV)	\$18.2
M Cassiar Gold (GLDC)	\$10.8
M Wildflower Brands (SUN)	\$10.2
M Canuc Resources (CDA)	\$10.0
M Western Star Resources (WSR)	\$9.4
M Vior (VIO)	\$8.1
M Atlas Salt (SALT)	\$7.5

Top 10 Net Insider Selling (By dollar amount, 000's)	
M O Royal Bank of Canada (RY)	\$-2,254.8
M New Stratus Energy (NSE)	\$-86.7
M Giant Mining (BFG)	\$-73.3
M Taseko Mines (TKO)	\$-53.6
M 37 Capital (JJJ)	\$-49.0
M Seabridge Gold (SEA)	\$-8.1
M Integra Resources (ITR)	\$-3.2
M Blackbird Critical Metals (BBRD)	\$-1.2

Top 10 Net Insider Buying (By volume, 000's)	
O Tower Resources (TWR)	950.0
M Osisko Metals (OM)	473.0
M Canuc Resources (CDA)	200.0
M PTX Metals (PTX)	200.0
M Canadian Critical Minerls (CCMI)	200.0
M Cloud3 Ventures (CLDV)	136.7
M Wildflower Brands (SUN)	85.0
M Vior (VIO)	70.5
M Teako Minerals (TMIN)	60.0
M Cassiar Gold (GLDC)	45.0

Top 10 Net Insider Selling (By volume, 000's)	
M 37 Capital (JJJ)	-550.0
M Giant Mining (BFG)	-250.0
M New Stratus Energy (NSE)	-200.0
M Blackbird Critical Metals (BBRD)	-5.0
M Integra Resources (ITR)	-1.6
M Seabridge Gold (SEA)	-0.4

Top-10 Tables: Yesterday's Activities (cont'd)

Tables represent public market transactions of directly held equity securities plus purchases and sales of these securities from the exercise of options by company officers and directors filed on or after July 23, 2025. Transactions filed on Saturday and Sunday are aggregated into Friday's number. INK may adjust certain filings for common filing errors on a best efforts basis.

M - Public market transaction

I - Information that has been adjusted or estimated by INK

● - CEO Buy

▲ - CFO Buy

◆ - Officer Buy

○ - CEO Sell

△ - CFO Sell

◇ - Officer Sell

O - Exercise of options

A - Amended filing

■ - Director Buy

□ - Director Sell

Yesterday's Top 10 Individual Buy Filings					
(By volume)					
Company Name	Insider Name	Security	Unit/Share	Price	
Tower Resources (TWR)	● Dhami, R. Joe	○ Common Shares	850,000	0.12	
Osisko Metals (OM)	◆ Njegovan, Donald Robert	■ Common Shares	473,000	0.44	
PTX Metals (PTX)	■ Marques, Frederico	■ Common Shares	200,000	0.10	
Canadian Critical Minerls (CCMI)	▲ Vinck, Dwayne Albert	■ Common Shares	200,000	0.03	
Canuc Resources (CDA)	● Berlet, Christopher James	■ Common Shares	200,000	0.05	
Tower Resources (TWR)	▲ Burianyk, Lesia	○ Common Shares	100,000	0.12	
Wildflower Brands (SUN)	◆ Tadros, Mark	■ Common Shares	60,000	0.12	
Teako Minerals (TMIN)	◆ Gollan, Sven	■ Common Shares	60,000	0.06	
Cloud3 Ventures (CLDV)	◆ Nikzad, David	■ Subordinate Voting Shares	58,700	0.13	
Cloud3 Ventures (CLDV)	◆ Nikzad, David	■ Subordinate Voting Shares	57,500	0.14	

Yesterday's Top 10 Individual Sell Filings					
(By volume)					
Company Name	Insider Name	Security	Unit/Share	Price	
37 Capital (JJJ)	○ Kalpakian, Jacob H.	■ Common Shares	-300,000	0.08	
New Stratus Energy (NSE)	◆ Ostos Rosales, Marino	■ Common Shares	-200,000	0.43	
37 Capital (JJJ)	○ Kalpakian, Jacob H.	■ Common Shares	-200,000	0.10	
Giant Mining (BFG)	△ Sever, Natasha	■ Common Shares without par valu	-100,000	0.30	
Giant Mining (BFG)	△ Sever, Natasha	■ Common Shares without par valu	-50,000	0.28	
37 Capital (JJJ)	○ Kalpakian, Jacob H.	■ Common Shares	-50,000	0.10	
Giant Mining (BFG)	△ Sever, Natasha	■ Common Shares without par valu	-50,000	0.28	
Giant Mining (BFG)	△ Sever, Natasha	■ Common Shares without par valu	-43,000	0.31	
Royal Bank of Canada (RY)	○ Mckay, David Ian	■ Common Shares	-20,304	182.30	
Taseko Mines (TKO)	◆ Hallbauer, Russell Edward	■ Common Shares	-15,000	4.80	

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