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NEWS RELEASE – October 3, 2022

Teuton Revises 2022 Stock Option Plan

Vancouver, Canada — Teuton Resources Corp. (“Teuton” or “the Company”) (“TUO”-TSX-V) ("TFE"- Frankfurt) has revised its previously announced 2022 Stock Option Plan (see News Release dated March 7, 2022—this plan could not be approved by the TSX because it did not meet policy requirements).   The number of shares which can be reserved for issuance under the revised plan is 5,723,688, which is 10 per cent of the 57,346,881 shares currently outstanding. After taking into consideration currently valid, previously granted options, there are 3,330,500 options now available for granting. The plan, which has an effective date of Sept. 21, 2022, is subject to acceptance by the TSX-V.

About Teuton

Teuton owns interests in more than thirty properties in the prolific “Golden Triangle” area of northwest British Columbia and was one of the first companies to adopt what has since become known as the “prospect generator” model. This model minimizes share equity dilution while at the same time maximizing opportunity. Earnings provided from option payments (received in cash and often also in shares of the optionee companies), has provided Teuton with substantial income.

On Behalf of the Board of Directors of Teuton Resources:

"Dino Cremonese, P.Eng."

Dino Cremonese, P. Eng.,
President and Chief Executive Officer

For further information, please visit the Company's website at www.teuton.com or contact:
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Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

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Certain statements contained in this press release constitute forward-looking information. These statements relate to future events or future performance. The use of any of the words "could", "intend", "expect", "believe", "will", "projected", "estimated" and similar expressions and statements relating to matters that are not historical facts are intended to identify forward-looking information and are based on the Company's current belief or assumptions as to the outcome and timing of such future events. Actual future results may differ materially.
All statements relating to future plans, objectives or expectations of the Company are forward-looking statements that involve various risks and uncertainties. There can be no assurance that such statements will prove to be

accurate and actual results and future events could differ materially from those anticipated in such statements. Important factors that could cause actual results to differ materially from the Company's plans or expectations include risks relating to the actual results of current exploration activities, fluctuating gold prices, possibility of equipment breakdowns and delays, exploration cost overruns, availability of capital and financing, general economic, market or business conditions, regulatory changes, timeliness of government or regulatory approvals and other risks detailed herein and from time to time in the filings made by the Company with securities regulators. The Company expressly disclaims any intention or obligation to update or revise any forward-looking statements whether as a result of new information, future events or otherwise except as otherwise required by applicable securities legislation.