

Lithium One Appoints New Director

Vancouver, British Columbia, March 6, 2023 – Lithium One Metals Inc. (TSXV:LONE and FSE:H490) (the “Company” or “LONE”) is pleased to announce that James Bahen has been appointed a director of the Company.

Mr. Bahen is a director and equity partner of SmallCap Corporate and chartered secretary who commenced his career in audit and assurance with an international chartered accounting firm. He is currently a non-executive director and company secretary of a number of Australian Stock Exchange listed companies and has a broad range of corporate governance and capital markets experience, having been involved with public company listings, mergers and acquisitions and capital raisings across the resource industry. Mr. Bahen is a member of the Governance Institute of Australia and holds a Graduate Diploma of Applied Finance and a Bachelor of Commerce degree majoring in accounting and finance.

The Company advises that Gordon Neal has resigned as a director. The Company thanks Mr. Neal for his service and wishes him well in his future endeavours.

About Lithium One

Lithium One Metals is a Canadian exploration company specializing in the acquisition and development of high-potential lithium properties in Ontario and Quebec. Our team of experienced geologists and prospectors are at the forefront of the search for the next generation of lithium deposits.

On behalf of Lithium One Metals Inc.

Dominic Verdejo, Chief Executive Officer

For more information, please visit the Company's website at <https://lithiumonemetals.com> or contact:

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deposits, currency fluctuations, unanticipated operational or technical difficulties, changes in laws or regulations, failure to obtain regulatory, exchange or shareholder approval, the risks of obtaining necessary licenses and permits, changes in general economic conditions or conditions in the financial markets and the inability to raise additional financing. Readers are cautioned not to place undue reliance on this forward-looking information. The Company does not assume the obligation to revise or update this forward-looking information after the date of this release or to revise such information to reflect the occurrence of future unanticipated events, except as may be required under applicable securities laws.