Lithium One Metals Inc.
200 Burrard Street, Suite 1680
Vancouver, BC, V6C 3L6

Lithium One Grants Stock Options

Vancouver, British Columbia, March 29, 2023 – Lithium One Metals Inc. (TSXV: LONE and FSE: H490) (the "**Company**") announces that it has granted incentive stock options authorizing the purchase of 2,700,000 common shares (the "**Options**") to directors, officers and consultants of the Company. The Options are exercisable at $0.40 per share for a period of three years from the date of grant. The Options have been granted under and are governed by the terms of the Company's incentive stock option plan.

About Lithium One Metals Inc.

Lithium One Metals is a Canadian exploration company specializing in the acquisition and development of high-potential lithium properties in Ontario and Québec. 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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