HeliosX

LITHIUM & TECHNOLOGIES CORP.

HELIOSX LITHIUM APPOINTS NEW DIRECTOR

LANGLEY, BRITISH COLUMBIA: March 2, 2023 – The Board of Directors of HeliosX Lithium & Technologies Corp. ("HeliosX" or the "Company") (TSXV: **HX**) (OTCQB: **HXLTF**) (FSE: **C2U0**) is pleased to announce the appointment of Mr. Edward Loven as a director of HeliosX.

Ed Loven brings to the Company over 40 years of domestic and international experience in managing and marketing geophysical and exploration phase opportunities.

He was a founder in a general partnership managing a consortium of private companies engaged in seismic data base development for oil and gas exploration. Mr. Loven responsibility involved all aspects of seismic data logistics and procurement; also managing option opportunities to engage in frontier oil and gas exploration. He was directly responsible for the group's success in structuring, negotiating and finalizing transactions which led to a very successful culmination of Oil and Gas assets. Mr. Loven is a board member of several private companies in the field of innovative green technologies.

Effective immediately Mr. Frank Busch has resigned as a director of HeliosX.

On Behalf of the Board of Directors o
HeliosX Lithium and Technologies Corp.

"Brian Findlay"
Brian Findlay, President & CEO

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