

**FOREMOST LITHIUM RESOURCE & TECHNOLOGY LTD.**  
**ANNOUNCES STOCK OPTION GRANT**

**September 2, 2022**

**VANCOUVER, BC – Foremost Lithium Resource & Technology Ltd (“Foremost” of the “Company”) (CSE: FAT)** announces that it has granted incentive stock options to a consultant of the Company to purchase an aggregate of 1,000,000 common shares of the Company at an exercise price of \$0.255 per common share expiring three years from the date of grant. The stock options are granted in accordance with the Company’s Stock Option Plan, which was approved by the shareholders at the Company’s annual general meeting, and the policies of the Canadian Securities Exchange.

For and on behalf of the Board  
John Gravelle  
President and CEO

**Information Contact**

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The Canadian Securities Exchange has neither approved nor disapproved the contents of this news release and accepts no responsibility for the adequacy or accuracy hereof.

**Forward Looking Statements**

*This news release may contain forward-looking statements, which relate to future events or future performance, including planned exploration, and reflect management’s current expectations and assumptions. Such forward-looking statements reflect management’s current beliefs and are based on assumptions made by and information currently available to the company. Readers are cautioned that these forward looking statements are neither promises nor guarantees, and are subject to risks and uncertainties that may cause future results to differ materially from those expected. All of the forward-looking statements made in this news release are qualified by these cautionary statements and those in our continuous disclosure filings available on SEDAR at [www.sedar.com](http://www.sedar.com). These forward-looking statements are made as of the date hereof and the company does not assume any obligation to update or revise them to reflect new events or circumstances save as required under applicable securities legislation. This news release does not constitute an offer to sell securities and the company is not soliciting an offer to buy securities in any jurisdiction in which such offer, solicitation or sale would be unlawful prior to registration or qualification under the securities laws of such jurisdiction.*