



Lido Announces Grant of Stock Options

Vancouver, British Columbia / August 10, 2020 – Lido Minerals Ltd. (“Lido” or the “Company”) (CSE:LIDO) is pleased to announce that it has granted incentive stock options to certain members of the board of directors, management, and consultants entitling them to purchase up to 1,210,000 common shares of the Company at an exercise price of \$0.27 per common share, pursuant to the Company’s Stock Option Plan. The options are valid for a period of five years and will expire on August 10, 2025.

About Lido Minerals Ltd.

Lido Minerals Ltd. is a mineral exploration company with an option, through its wholly-owned subsidiary, to acquire a 100% interest in the Nimpkish mineral property in the Province of British Columbia.

ON BEHALF OF THE BOARD OF DIRECTORS

Paul Ténrière, M.Sc., P.Geol.

Chief Executive Officer

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THE CSE HAS NOT REVIEWED AND DOES NOT ACCEPT RESPONSIBILITY FOR THE ACCURACY OR ADEQUACY OF THIS RELEASE.

Notice Regarding Forward Looking Information:

Certain statements regarding Lido, including management's assessment of future plans and operations, may constitute forward-looking statements under applicable securities laws and necessarily involve known and unknown risks and uncertainties, most of which are beyond Lido's control. Often, but not always, forward-looking statements or information can be identified by the use of words such as "plans", "expects" or "does not expect", "is expected", "budget", "scheduled", "estimates", "forecasts", "intends", "anticipates" or "does not anticipate" or "believes" or variations of such words and phrases or statements that certain actions, events or results "may", "could", "would", "might" or "will" be taken, occur or be achieved.

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Cautionary Note: This news release contains certain forward-looking statements, including statements regarding the Company's business and anticipated financial performance of the Company. These statements are subject to a number of risks and uncertainties. Actual results may differ materially from results contemplated by the forward-looking statements. Factors that could cause actual results to differ materially from those in forward-looking statements include: changes in metal prices, changes in the availability of funding; unanticipated changes in key management personnel and general economic conditions. Mining is an inherently risky business. Accordingly the actual events may differ marginally from those projected in the forward-looking statements. When relying on forward-looking statements to make decisions, investors and others should carefully consider the foregoing factors and other uncertainties and should not place undue reliance on such forward-looking statements. The Company does not undertake to update any forward looking statements, oral or written, made by itself or on its behalf.