

FLOW METALS ANNOUNCES CLOSING OF SHARES FOR DEBT

Vancouver, BC – March 21, 2024 – Flow Metals Corp. (“Flow Metals” or the “Company”) announces that pursuant to the option agreement dated March 23, 2019 to acquire the Sixtymile Property, it has entered into debt settlement agreements (“**Settlement Agreements**”) with the vendors of the Sixtymile Property to settle the annual advanced royalty payment of \$30,000 and it has entered into Settlement Agreements with two insiders of the Company to settle outstanding fees accrued from exploration work at the New Brenda Property in the amount of \$15,000 (the “**Debt Settlement**”).

Pursuant to the Settlement Agreements, the Company has issued an aggregate of 599,998 Common shares at a deemed price of \$0.075 per Common share.

In accordance with applicable securities laws, the securities issued pursuant to the Settlement Agreements are subject to a four month hold period expiring on July 22, 2024.

About Sixtymile, Yukon

Sixtymile covers 65 km² of quartz claim mining tenure over three active placer camps. The project is a 2 hour drive west of Dawson City and bumps up against the Alaska border. Four gold-bearing creeks on the project have produced over 200,000 ounces of placer gold since the discovery of gold at Sixtymile over 100 years ago.

About Flow Metals

Flow Metals is a mining exploration company focused on advancing two 100% owned road access projects in established mining districts of British Columbia and Yukon.

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Forward-Looking Information

This press release may include “forward-looking information” (as that term is defined by Canadian securities legislation), concerning the Company’s business. Forward-looking information is based on certain key expectations and assumptions made by the Company’s management, including future plans for the exploration and development of its mineral properties. Although the Company believes that such expectations and assumptions are reasonable, investors should not rely unduly on such forward-looking information as the Company can give no assurance they will prove to be correct. Forward-looking statements in this press release are made as of the date of this press release. The Company disclaims any intent or obligation to publicly update any forward-looking information (whether as a result of new information, future events or results, or otherwise) other than as required by applicable securities laws.