

Flow Metals Announces Stock Option Grant

Vancouver, BC, May 2, 2024 - Flow Metals Corp. (CSE: FWM) (“Flow Metals” or “the Company”) announces that it has issued an aggregate of 700,000 stock options to directors and consultants of the Company pursuant to its stock options plan. The stock options are exercisable to acquire common shares of the Company at a price of \$0.055 for a period of 2 years from grant and will vest on issuance.

About Flow Metals

Flow Metals is a mining exploration company focused on advancing two 100% owned road access projects in established mining districts. New Brenda is a copper-molybdenum porphyry project in British Columbia’s Quesnel terrane and Sixtymile is a Yukon gold project in the heart of the Sixtymile placer district.

For further information, please contact:

Scott Sheldon, President
604.725.1857
Scott@flowmetals.com

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 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 because of new information, future events, or results, or otherwise) other than as required by applicable securities laws.

The Canadian Securities Exchange (operated by CNSX Markets Inc.) has neither approved nor disapproved of the contents of this news release.