

FLOW METALS ANNOUNCES INDUCED POLARIZATION SURVEY AT NEW BRENDA PORPHYRY COPPER TARGET

Vancouver, BC – May 21, 2024 – Flow Metals Corp. (“Flow Metals” or the “Company”) announces the initiation of a minimum 8km induced polarization (“IP”) survey at its 100% owned New Brenda copper- silver - molybdenum project located in south-central British Columbia within the Quesnel Terrane.

Highlights include:

- Planned Induced Polarization survey over the XP target
- 2 IP lines totaling a minimum of 8 Kilometres
- First test for the 1100m X 1800m Cu-Ag-Mo anomaly at depth

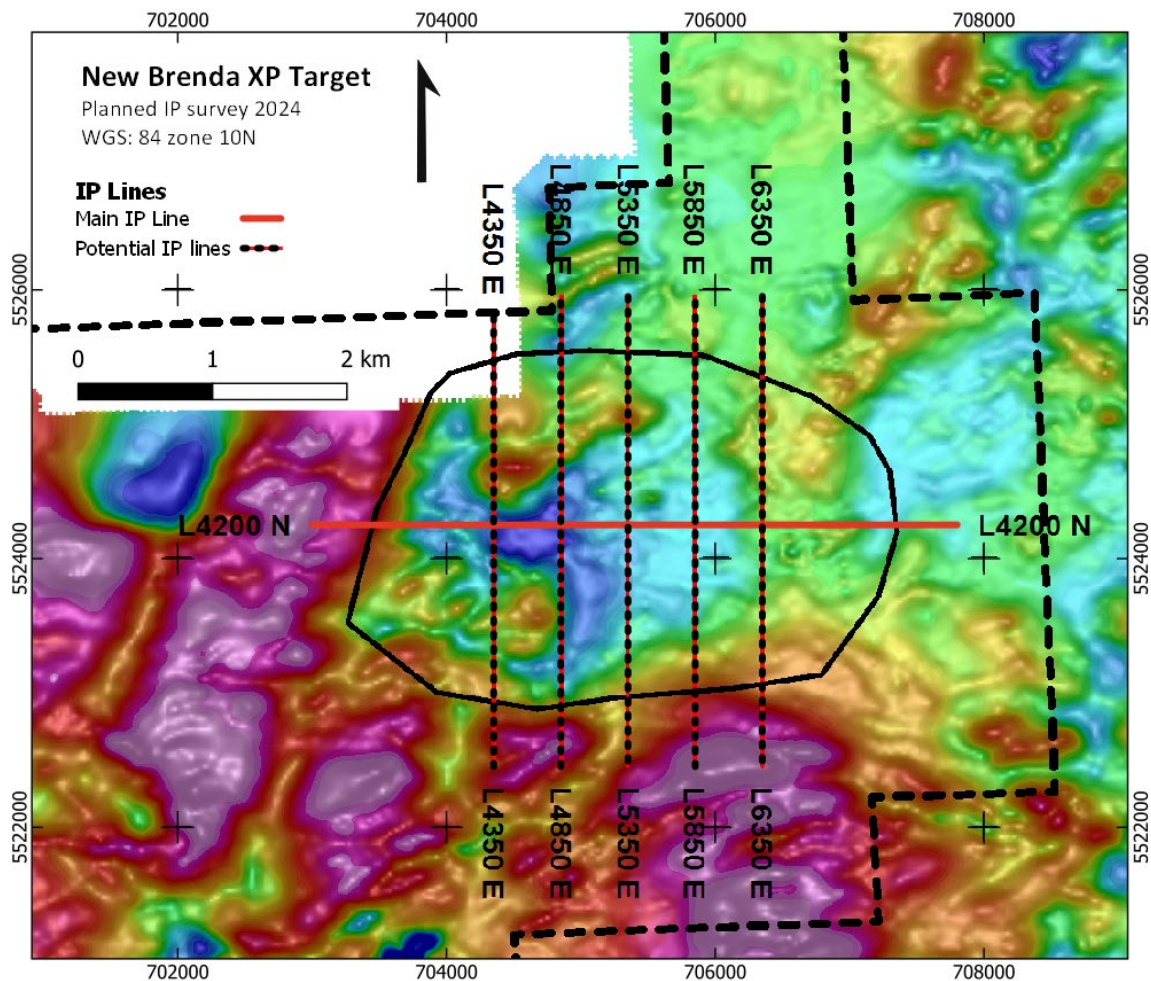


Figure 1: Planned IP survey lines over Magnetic and geochemical anomalies

Scott Sheldon, CEO of Flow Metals commented: “The upcoming program aims to test the coincident geophysical and geochemical anomalies at XP. The IP survey will give the company the first look under the ground at the XP target. New Brenda is located in the Quesnel Terrane, 10 kilometres west of the Brenda mine in the heart of British Columbia’s porphyry district.”

The XP target represents a porphyry style geochemical and magnetic anomaly. XP is hosted in the Pennask batholith, also host to the neighboring Brenda mine to the east. Coincident geophysical magnetic low and overlapping geochemical anomalies (copper-molybdenum and silver-bismuth) helped define the target in 2023.

Survey details:

The in-house IP survey will be conducted with a team of 5 experienced crew members. The pole-dipole survey will have 50-meter stations and n-spacing of 8. The approximate maximum depth of penetration is 200-250m deep. The company is expecting the survey take 10 days starting on the 21st of May and to cost under \$50,000 all included. The company is fully funded for the exploration program.

XP Target History

In 2018, a 10m wide outcrop with chalcopyrite mineralization was discovered and a grab sample was taken. The sample contained 0.67% Cu and 46.11 ppm Ag and elevated trace elements such as Bi, Te and U. The sample had pervasive potassic alteration in the form of biotite replacing hornblende. Note that rock grab samples are selective samples by nature and, as such, are not necessarily representative of the mineralization hosted across the property. An airborne magnetic survey was later conducted in 2021 that revealed a large ring-shaped magnetic low anomaly directly underneath the rock sample. A follow up geochemical soil survey was conducted in 2023 which highlighted a polymetallic, Cu, Mo, Ag, Bi anomaly coincident with the interpreted magnetite destruction zone. (see news dated July 24, 2023, November 22, 2022 and January 17, 2022 for further details as posted on the Company’s website and SEDAR+)

Qualified Person

Robert Cameron, P. Geo., is the qualified person for the Company as defined in the National Instrument 43-101 and has reviewed the technical information presented within this news release.

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 Sixtymile placer district.

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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, future production, reserve potential, and events or developments that the Company expects. 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. There are several risk factors that could cause future results to differ materially from those described herein. Information identifying risks and uncertainties is contained in the Company’s filings with the Canadian securities regulators, which filings are available at SedarPlus.ca.

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