

REVITALIST

Revitalist Announces Resignation of Doran Andry as a Director

VANCOUVER, BC, March 25, 2024 – REVITALIST LIFESTYLE AND WELLNESS LTD. (“Revitalist” or the “Company”) (CSE: CALM) (OTCQB: RVLWF) (FSE: 4DO), wishes to announce that Mr. Doran Andry has resigned as a director of the Company. The Company will be seeking to fill the vacancy created by Mr. Doran’s resignation as soon as practicable, and the board has been meeting with qualified, interested individuals as potential candidates.

About Revitalist Lifestyle and Wellness, Ltd.

Revitalist Lifestyle and Wellness Ltd. (CSE: CALM) (OTCQB: RVLWF) (FSE: 4DO) is a mental health and wellness company focused on comprehensive care in the ketamine wellness space offering innovative, evidenced based services. With physical locations and virtual offices across 35 states, Revitalist is one of the largest publicly traded psychedelic wellness companies in Northern America.

On Behalf of the Board

Kathryn Walker
Chief Executive Officer

For further information please contact:

Revitalist Lifestyle and Wellness Ltd.

Email: Corporate@Revitalist.com

Tel: 865-585-8414

X (formerly, Twitter): [@RevitalistCorp](https://twitter.com/RevitalistCorp)

Facebook: [@RevitalistLifestyleandWellnessLtd.](https://www.facebook.com/RevitalistLifestyleandWellnessLtd)

Instagram: [@RevitalistCorp](https://www.instagram.com/RevitalistCorp)

LinkedIn: [@RevitalistLifestyleAndWellnessLtd](https://www.linkedin.com/company/RevitalistLifestyleAndWellnessLtd)

Forward Looking Statements

This news release may contain forward-looking statements and forward-looking information (collectively, “forward-looking statements”) within the meaning of applicable Canadian legislation. Forward-looking statements are typically identified by words such as: “believes”, “expects”, “anticipates”, “intends”, “estimates”, “plans”, “may”, “should”, “would”, “will”, “potential”, “scheduled” or variations of such words and phrases and similar expressions, which, by their nature, refer to future events or results that may, could, would, might or will occur or be taken or achieved. All statements in this news release that are not purely historical are forward-looking statements and include statements regarding beliefs, plans, expectations and orientations regarding the future including, without limitation, that the Company is seeking to appoint a director to fill the vacancy created by Mr. Andry’s resignation. Although the Company believes that such statements are reasonable and reflect expectations of future developments and other factors which management believes to be reasonable and relevant, the Company can give no assurance that such expectations will prove to be correct. In making the forward-looking statements in this news release, the Company has applied several material assumptions, including, without limitation, the assumption that there are qualified persons who may be willing to join the board. Other factors may also adversely affect the future results or performance of the Company, including general economic, market or business conditions, changes in laws,

regulations and policies affecting the psychedelic wellness industry, as well as the risks and uncertainties which are more fully described in the Company's annual and quarterly management's discussion and analysis and in other filings made by the Company with Canadian securities regulatory authorities under the Company's SEDAR profile. The ongoing COVID-19 pandemic, labour shortages, inflationary pressures, rising interest rates, the global financial climate and the conflict in Ukraine and surrounding regions are some additional factors that are affecting current economic conditions and increasing economic uncertainty, which may impact the Company's operating performance, financial position, and future prospects. Collectively, the potential impacts of this economic environment pose risks that are currently indescribable and immeasurable. No assurance can be given that any of the events anticipated by the forward-looking statements will occur or, if they do occur, what benefits the Company will obtain from them. Readers are cautioned that forward- looking statements are not guarantees of future performance or events and, accordingly, are cautioned not to put undue reliance on forward-looking statements due to the inherent uncertainty of such statements. The Company does not undertake any obligation to update such forward-looking information whether because of new information, future events or otherwise, except as expressly required by applicable law.

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