



Revitalist Increases Revenue Capacity with the Opening of its 5th Psychedelic Assisted Psychotherapy Location

VANCOUVER, BC, September 15, 2021 – REVITALIST LIFESTYLE AND WELLNESS LTD. (“**Revitalist**” or the “**Company**”) (CSE: **CALM**) (CSNX: **CALM.CN**) is pleased to formally announce the opening of its fifth psychedelic assisted psychotherapy (“PAP”) clinic located at 1418 E Millbrook Rd, in Raleigh, NC. With 14 treatment rooms, the clinic can provide over 14,500 ketamine infusions to patients annually and generate approximately \$7,100,000 USD in revenue at full capacity. The current PAP clinics under operation at Revitalist are as follows:

Location	Opening Date	Size (SQFT)	Clinic Capacity for Treatment Rooms ⁽¹⁾	Revenue Capacity (Millions \$USD) ⁽²⁾	Gross Margin High ⁽³⁾	Gross Margin Low ⁽³⁾
Knoxville, Tennessee	Feb 2018	5,380	12	\$7.3	\$4.5	\$4.0
Johnson City, Tennessee	May 2021	11,000	22	\$11.2	\$7.0	\$6.1
Chattanooga, Tennessee	May 2021	9,995	20	\$10.2	\$6.3	\$5.5
Louisville, Kentucky	Jun 2021	7,520	14	\$7.1	\$4.4	\$3.9
Raleigh, North Carolina	Sep 2021	6,540	14	\$7.1	\$4.4	\$3.9
Total		40,435	82	\$42.9	\$26.6	\$23.4

(1) Estimated based on square footage available in each clinic

(2) Calculated # treatment rooms * 4 visits per day * \$490/visit * 5 days/week * 52 weeks

(3) Calculated using Stifel GMP estimates. Source: Stifel Nicolaus Canada Inc.2021. Canada-Healthcare.

The city of Raleigh’s reputation for leading scholarly institutions combined with Revitalist’s multifaceted approach with expert providers, marketers, educators, and researchers, makes the location a golden opportunity to be part of the “Research Triangle Park”.

Nedra Hood is a Certified Registered Nurse Anesthetist and serves as the clinics lead anesthesia provider. Mrs. Hood works directly with expert mental health providers as they bring new and innovative therapies to the Raleigh-Durham area by providing Ketamine Infusions, Ketamine Assisted Psychotherapy, Transcranial Magnetic Stimulation (TMS), Vitamin Infusions, Therapy, and Intensive Outpatient Therapies.

According to Mental Health America statistics that were provided in 2020, North Carolina ranks 21st in the United States for prevalence of mental illness. The state ranked 44th for the youth indicating a higher prevalence of mental illness with lower access to care.

Mrs. Kathryn Walker, CEO, commented, "Revitalist is providing Raleigh access to much needed services to improve the health of adolescents, adults and the geriatric population which is necessity for everyone."

Revitalist Raleigh will participate in advocacy programs working with Veterans Affairs and assisting veterans struggling with Post Traumatic Stress Disorder, Pain Syndromes, Major Depressive Disorder, and Suicidal Ideations gain greater access to care.

ABOUT REVITALIST LIFESTYLE AND WELLNESS

Revitalist Lifestyle and Wellness Ltd. is a publicly traded (CSE: CALM) company, headquartered in Knoxville, Tennessee, with five clinics operating across the United States and expanding. Revitalist is dedicated to empowering individuals toward an improved quality of well-being through a combination of comprehensive care and future-centric treatments provided by medical professionals, mental health experts, and chronic pain specialists. Since opening their first clinic in 2018, Revitalist has provided over 7,000 infusions for patients suffering from treatment-resistant conditions. Additionally, Revitalist offers a number of lifestyle optimization services and vitamin infusions that can bring anyone closer to total wellness.

On Behalf of the Board
Kathryn Walker
Chief Executive Officer

For further information please contact:
Revitalist Lifestyle and Wellness Ltd.
Investor Relations
IR@revitalist.com

For additional information and to be added to the Company's mailing list, please click [here](#).

Forward Looking Statements

This news release contains forward-looking statements and information within the meaning of applicable securities legislation. Often, but not always, forward-looking statements and information can be identified by the use of words such as "plans", "expects" or "does not expect", "is expected", "estimates", "intends", "anticipates" or "does not anticipate", or "believes", or variations of such words and phrases or state that certain actions, events or results "may", "could", "would", "might" or "will" be taken, occur or be achieved. Forward looking statements or information involve known and unknown risks, uncertainties and other factors which may cause the actual results, performance or achievements of Revitalist to be materially different from any future results, performance or achievements expressed or implied by the forward-looking statements or information contained in this news release.

Risks, uncertainties and other factors involved with forward-looking information could cause actual events, results, performance, prospects and opportunities to differ materially from those expressed or implied by such forward-looking information. The Canadian Securities Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of the content of this news release.

10608 Flickenger Lane Knoxville, TN 37922 | info@revitalist.com

