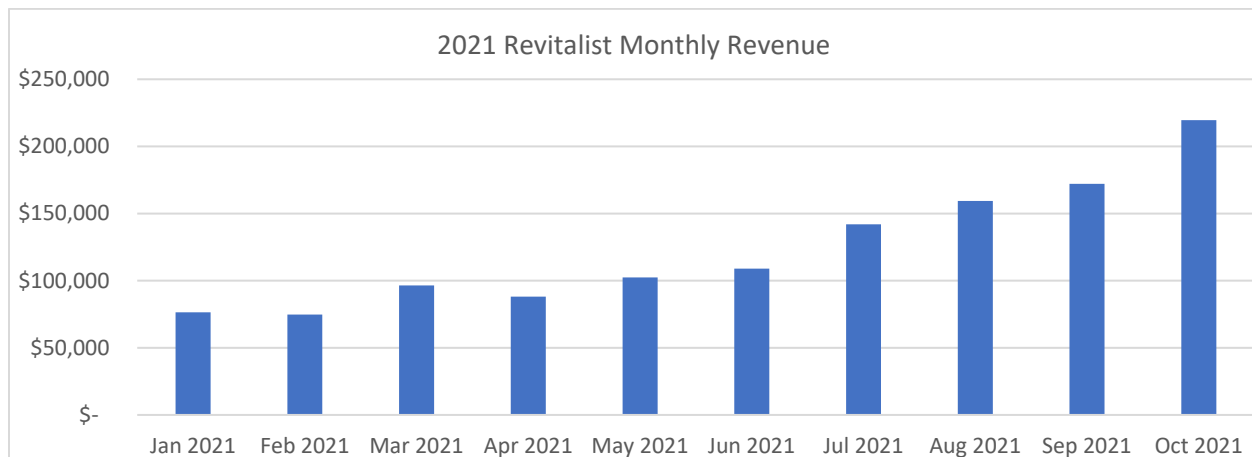




## Revitalist Reports Sales Growth of 100% for the 10 months ended October 31, 2021 compared to the same period in 2020

VANCOUVER, BC, November 16, 2021 – REVITALIST LIFESTYLE AND WELLNESS LTD. (“Revitalist” or the “Company”) (CSE: CALM) (OTC: RVLWF) (FSE: 4DO) is pleased to announce its clinic operations generated approximately \$1.55 million in revenue for the ten months ended October 31, 2021, compared to \$789,000 for the same period in 2020. The growth represents an approximate 100% increase over prior year and is attributable to organic growth at its flagship clinic in Knoxville, TN, plus additional revenue from its pipeline of 8 clinics in 5 States. Estimated gross margin on this level of sales is approximately \$1.17 million.

The Company has consistently achieved month over month sales growth as evidenced in the chart below.



Mrs. Kathryn Walker, CEO, commented, “We continue to build on our clinic network and mood and pain services which is attributing to the year over year sales growth. Most of our recent new clinics were opened in the second half of 2021 and are starting to see traction with new patient growth. Our marketing team led by our Chief Marketing Officer Larry Heinzlmeir, have developed marketing strategies in the communities that we serve allowing us to attract new patients and optimize revenue growth. We expect to continue this growth trajectory into 2022 given the demand for mental health services.”

## ABOUT REVITALIST LIFESTYLE AND WELLNESS

Revitalist Lifestyle and Wellness Ltd. (CSE: CALM) (OTC: RVLWF) (FSE: 4DO) is a publicly traded 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 thousands of 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. For more information, please visit [www.revitalist.com](http://www.revitalist.com) or follow us at:

Twitter: @RevitalistCorp  
Facebook: @RevitalistLifestyleandWellnessLtd.  
Instagram: @RevitalistCorp  
LinkedIn: @RevitalistLifestyleAndWellnessLtd

### Contacts

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### **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.*

