



REVITALIST

PRESS RELEASE
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Revitalist Credentials Clinics with the American Heart Association's Certification of ACLS

VANCOUVER, BC, January 18, 2022 – REVITALIST LIFESTYLE AND WELLNESS LTD (“**Revitalist**” or the “**Company**”) (CSE: CALM) (OTC: RVLWF) (FSE: 4DO) continues to advance skillsets in the psychedelic space broadening opportunities for research initiatives, allowing greater access and expansion to communities across the nation.

Revitalist continues to broaden their value and recognition in the psychedelic space with providers trained in the advanced specialty of Advanced Cardiovascular Life Support (“ACLS”), maximizing safety and care of individuals at each clinic location. ACLS certifications include training in advanced medication interventions, endotracheal intubations, intravenous access, and dual-sequential defibrillation.

Providers with ACLS have been proven to have reduced errors in the delivery of care. “Providing consistency of care with advanced certifications gives Revitalist the opportunity to certify each of their clinic locations with a standard of care, maximizing efficacy and quality for our employees and the communities they serve”, reports VP of Nursing, Lindsey Whitfield.

The American Heart Association published ACLS guidelines as a member of the International Liaison Committee on Resuscitation (ILCOR). ILCOR focuses on publications of Continuous Evidence Evaluation (CEE) and Consensus on Science with Treatment Recommendations (CoSTRs). Current associations include: the American Heart Association, European Resuscitation Council (ERC), Heart and Stroke Foundation of Canada (HSFC), Australian Resuscitation Council, New Zealand Resuscitation Council, Resuscitation Council of Southern Africa (RCSA), InterAmerican Heart Foundation (IAHF), and Resuscitation Council of Asia (RCA).

Revitalist CEO, Kathryn Walker states, “Revitalist is a company that will continue to excel as multi-diverse with expert providers who actively engage in translational medicine strategies advancing the field of psychedelics. We are helping to establish a culture of care and safety, and are excited to be a part of such a trail blazing industry.”

ABOUT REVITALIST LIFESTYLE AND WELLNESS LTD.

Revitalist Lifestyle and Wellness Ltd. (CSE: CALM) (OTC: RVLWF) (FSE: 4DO) is a publicly traded company, headquartered in Knoxville, Tennessee, with seven 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 additional information and to be added to the Company's mailing list, please click [here](#).

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On Behalf of the Board

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Forward Looking Statements

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