



REVITALIST

PRESS RELEASE
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Revitalist Exceeds Growth Expectations in the Month of June with Record Breaking Visits While Also Advancing Their Reach for Veterans Across the United States.

VANCOUVER, BC, July 13, 2022 - REVITALIST LIFESTYLE AND WELLNESS LTD. ("**Revitalist**" or the "**Company**") (CSE: CALM) (OTCQG: RVLWF) (FSE: 4DO), one of the largest publicly listed US based wellness clinics, is pleased to report updates on strategic initiatives accomplished in June including record breaking visits and an expansive catchment area for Veterans with Veteran of Affairs Benefits to have access to Revitalist service lines across the US.

Revitalist continues to lead in the psychedelic space growing 15% month over month from May to June 2022 with a total of 1,395 appointments for the month of June. The year over year numbers include a 378% progressive growth curve, indicating the need for the services Revitalist offers advancing the psychedelic industry with real time revenue of direct patient care.

CEO Kathryn Walker reports, "Revitalist's stance in the rapidly growing psychedelic healthcare market, working with clients directly in the community, puts us in a position to continue our company advancements based on our significant growth in client visits and revenue. Now with the ability to allow Veterans access to our services, no matter their static location in the United States, it is a wonderful addition to our forward moving mission to save lives. The future is now, and so are we."

ABOUT REVITALIST LIFESTYLE AND WELLNESS LTD.

Revitalist Lifestyle and Wellness Ltd. (CSE: CALM) (OTCQB: RVLWF) (FSE: 4DO) is one of the largest publicly listed, ketamine focused clinic operations operating in the United States. Each clinic enables access to psychedelic medicine, vitamin infusions and other lifestyle optimization services provided by medical and behavioral professionals. Since opening their first clinic in 2018, Revitalist has provided thousands of ketamine through its network of 9 clinics operating in 6 states. Its founder and CEO, Kathryn Walker, works as a lead provider in the psychedelic space. 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

Kathryn Walker

Chief Executive Officer

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Forward- Looking Statements

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