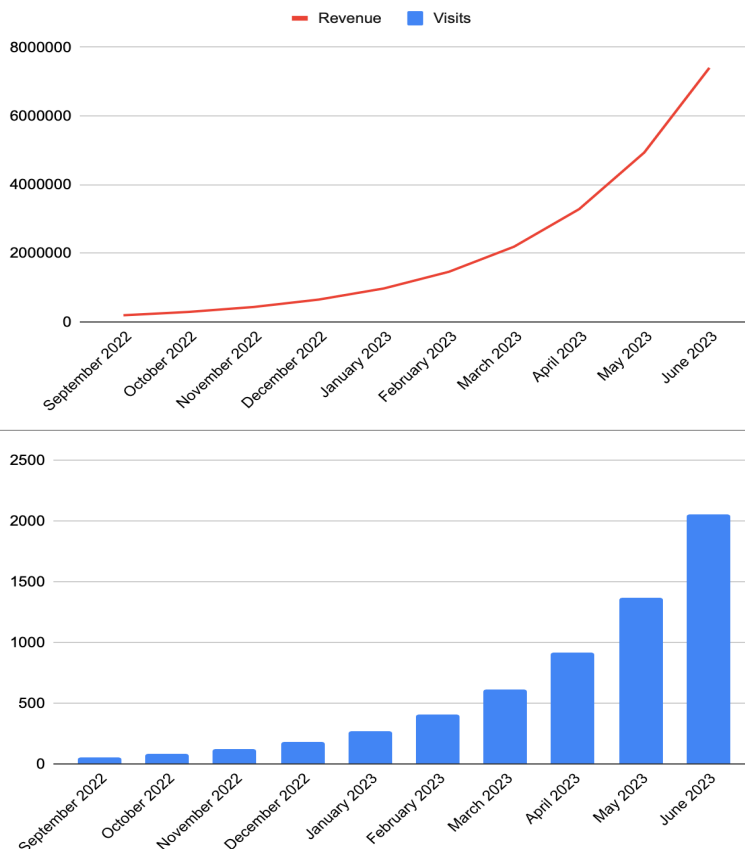




Revitalist achieves 300% Month over Month Growth Serving Veterans with Psychedelic Therapies in the US with Coverage from VA

VANCOUVER, BC, September 8, 2022 – REVITALIST LIFESTYLE AND WELLNESS LTD. (“Revitalist” or the “Company”) (CSE: CALM) (OTCQB: RVLWF) (FSE: 4DO), Revitalist expands coverage to better serve Veterans mental health and wellness with financial assistance from the Veterans Health Administration (VHA), a multi-billion dollar market.

In the last three months Revitalist has actively worked with Veterans seeking care for their mental health and is currently on a run rate of 300% month over month. Conservative expected growth potential year over year is noted below at 150% month over month.



Mrs. Kathryn Walker, CEO of Revitalist, stated, “I am focused on delivering timely, high quality mental health care serving Veterans who have sacrificed so much for our country. I am proud of our team's ability to shorten wait times and help at risk Veterans manage their mental health challenges as I feel this is an ethical implication that needs great attention. With Revitalist’s current contract with the VA, we plan to work with community partners to open more than 100 locations across the nation specifically focusing on Veterans, giving Revitalist access to the VHA budget of over 80 billion USD.”

More than 18 million Veterans currently live in the United States with 9 million Veterans registered in the Veteran Health Administration. Only 4.5 million Veterans currently utilize their benefits, giving Revitalist an opportunity to access 13.5 million Veterans making a significant impact on Veteran suicides through preventative services covered by the VA.

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 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 infusions 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 as an advanced behavioral and medical provider. For additional information please visit Revitalist.com.

On Behalf of the Board

Kathryn Walker

Chief Executive Officer

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Forward Looking Statements

This news release contains forward-looking statements and information within the meaning of applicable securities legislation. 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.