

Lithium One Announces Proposed Name Change and Share Consolidation

Vancouver, British Columbia, November 14, 2025 – Lithium One Metals Inc. (TSXV: LONE) (the “Company” or “Lithium One”) announces that the Board of Directors of the Company has recommended and authorized a change of the Company’s name to Black Spruce Exploration Inc. (the “Name Change”) and a consolidation of the Company’s outstanding common shares on the basis of three (3) pre-consolidation common shares for one (1) post-consolidation common share (the “Consolidation”). The Name Change and Consolidation remain subject to TSX Venture Exchange approval. The effective date and further details of the Name Change and Consolidation will be disclosed in a subsequent news release following receipt of all requisite approvals.

The Company also announces that it has cancelled incentive stock options held by non-insiders of the Company for the purchase of an aggregate of 2,358,000 common shares at varying exercise prices and expiry dates.

About Lithium One

Lithium One Metals is a Canadian exploration company specializing in the acquisition and development of high-potential lithium properties in Ontario and Québec.

On behalf of Lithium One Metals Inc.

Nav Dhaliwal, Interim President and Chief Executive Officer

For more information, please visit the Company's website at <https://lithiumonemetals.com>

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Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

Cautionary Note regarding Forward-Looking Statements

Statements contained in this press release that are not historical facts are “forward-looking information” or “forward-looking statements” (collectively, “Forward-Looking Information”) within the meaning of applicable Canadian securities legislation and the United States Private Securities Litigation Reform Act of 1995. The words “anticipate,” “significant,” “expect,” “may,” “will” and similar expressions are intended to be among the statements that identify Forward-Looking Information. Forward-Looking Information is subject to known and unknown risks, uncertainties and other factors that may cause actual results to differ materially from those implied by the forward-looking information. In preparing the Forward-Looking Information in this news release, the Company has applied several material assumptions, including, but not limited to, assumptions that general business and economic conditions will not change in a materially adverse manner and all requisite information will be available in a timely manner. Factors that may cause actual results to vary materially include, but are not limited to, inaccurate assumptions concerning the exploration for and development of mineral deposits, currency fluctuations, unanticipated operational or technical difficulties, risks related to unforeseen delays; general economic, market or business conditions, regulatory changes, timeliness of regulatory approvals, the risks of obtaining necessary licenses and permits, changes in general economic conditions or conditions in the financial markets and the inability to raise financing. Readers are cautioned not to place undue reliance on this Forward-Looking Information. The Company does not assume the obligation to revise or update this Forward-Looking Information after the date of this release or to revise such information to reflect the occurrence of future unanticipated events, except as may be required under applicable securities laws.