



LION ONE POWERS UP NEW ASSAY LABORATORY IN FIJI

North Vancouver, BC, August 7th, 2019 - Lion One Metals Limited (TSX-V: LIO) (OTCQX: LOMLF) (ASX:LLO) ("Lion One" or the "Company") is pleased to announce the completion of its new Geochemical Assay and Metallurgical Laboratory located at the Company's Fijian headquarters, 1km from the Nadi International Airport on the island of Viti Levu in Fiji.

The Company has commenced the commissioning process of the new laboratory prior to becoming fully operational with a process capacity of 400 samples per day.

The assay laboratory will service the Company's exploration, resource definition, and development activities on its 100% owned and fully permitted Tuvatu gold project and surrounding exploration tenements, 16km away, in the nearby Navilawa volcanic complex in the upper Sabeto Valley. Lion One will notify local media and regulatory officers regarding timing for opening ceremonies.

Photo: Lion One Assay Laboratory, located near Nadi International Airport in Fiji



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The new laboratory is equipped for gold analysis by fire assay with atomic absorption spectrometry (AAS) finish. Geochemical assaying for a large range of other elements will be tested through Inductively Coupled Plasma Optical Emission Spectrometry (ICP-OES). The facility will also be utilized to conduct metallurgical optimization test work including flotation and leaching. As Fiji does not currently have any commercial laboratory facilities for geochemical and metallurgical analysis, the Company plans to have the laboratory internationally certified for commercial operations in the near future to also service local industries.

About Lion One Metals Limited

Lion One Metals Limited is a Canadian exploration and development company focused on advancing its 100% owned and fully permitted Tuvatu Gold Project in Fiji. Lion One envisions a low-cost high-grade underground gold mining operation at Tuvatu coupled with district-scale exploration upside of the entire Navilawa Caldera, located near the Nadi International Airport on the island of Viti Levu in the South Pacific island nation of Fiji.

Cautionary Note Regarding Forward-Looking Statements

This press release may contain "forward-looking information" within the meaning of applicable Canadian securities legislation. All statements, other than statements of historical fact, included herein are forward looking information. Generally, forward-looking information may be identified by the use of forward-looking terminology such as "plans", "expects" or "does not expect", "proposed", "is expected", "budget", "scheduled", "estimates", "forecasts", "intends", "anticipates" or "does not anticipate", or "believes", or variations of such words and phrases, or by the use of words or phrases which state that certain actions, events or results may, could, would, or might occur or be achieved. This forward-looking information reflects Lion One Metals Limited's current beliefs and is based on information currently available to Lion One Metals Limited and on assumptions Lion One Metals Limited believes are reasonable. These assumptions include, but are not limited to, the actual results of exploration projects being equivalent to or better than estimated results in technical reports, assessment reports, and other geological reports or prior exploration results. Forward-looking information is subject to known and unknown risks, uncertainties and other factors that may cause the actual results, level of activity, performance or achievements of Lion One Metals Limited or its subsidiaries to be materially different from those expressed or implied by such forward-looking information. Such risks and other factors may include, but are not limited to: the early stage development of Lion One Metals Limited, general business, economic, competitive, political and social uncertainties; the actual results of current research and development or operational activities; competition; uncertainty as to patent applications and intellectual property rights; product liability and lack of insurance; delay or failure to receive board or regulatory approvals; changes in legislation, including environmental legislation, affecting mining, timing and availability of external financing on acceptable terms; not realizing on the potential benefits of technology; conclusions of economic evaluations; and lack of qualified, skilled labour or loss of key individuals. Although Lion One Metals Limited has attempted to identify important factors that could cause actual results to differ materially from those contained in forward-looking information, there may be other factors that cause results not to be as anticipated, estimated or intended. Accordingly, readers should not place undue reliance on forward-looking information. Lion One Metals Limited does not undertake to update any forward-looking information, except in accordance with applicable securities laws.

For more information

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Neither the TSX Venture Exchange nor its Regulation Service Provider accepts responsibility for the adequacy or accuracy of this release.

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