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TSX Venture Exchange (TSX-V): LIT Frankfurt Stock Exchange (FSE): OAY3 OTCQB Venture Market (OTC): PNXLF

NEWS RELEASE - MARCH 16, 2022

Argentina Lithium Receives TSXV Approval to Acquire Rincon West and Pocitos Properties in Salta Province

Vancouver, BC / CNW / March 16, 2022 / Argentina Lithium & Energy Corp. (TSX-V: LIT, FSE: OAY3, OTC: PNXLF), ("Argentina Lithium" or the "Company") is pleased to announce that further to its news releases of September 28, 2021 and October 14, 2021, the Company has received TSX Venture Exchange ("TSXV") approval of the Definitive Agreement (the "Agreement") with the vendors. The terms of the Agreement remain the same as were disclosed in the September 28, 2021 news release. For added clarity, any future share issuances will be issued at a deemed price per share equal to the greater of a volume-weighted average price calculation and CDN\$0.218 per share.

"Now that we've received TSXV approval, we can begin our exploration and drilling program. These properties hold exceptional lithium discovery potential," stated Nikolaos Cacos, President and C.E.O.

About Argentina Lithium

Argentina Lithium & Energy Corp is focused on acquiring high quality lithium projects in Argentina, and advancing them towards production in order to meet the growing global demand from the battery sector. The management group has a long history of success in the resource sector of Argentina, and has assembled a first rate team of experts to acquire and advance the best lithium properties in the world renowned "Lithium Triangle". The Company is a member of the Grosso Group, a resource management group that has pioneered exploration in Argentina since 1993.

ON BEHALF OF THE BOARD

"Nikolaos Cacos"

Nikolaos Cacos, President, CEO and Director

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