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

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## NEWS RELEASE – MARCH 22, 2023

### Argentina Lithium Engages Investor Relations Consultant

**Vancouver, BC / CNW / March 22, 2023 / Argentina Lithium & Energy Corp. (TSXV: LIT, FSE: OAY3, OTC: PNXLF), ("Argentina Lithium" or the "Company")** wishes to announce that it has engaged Michael Baybak and Company, Inc. (the "**Consultant**") to assist with marketing services. The services consist primarily of writing services, but may include additional marketing services that constitute "investor relations activities". Pursuant to the terms of the consulting agreement between the Company and the Consultant dated November 23, 2022, in exchange for the Consultant's services, the Company has agreed to pay the Consultant a monthly fee of US\$7,000 effective from January 1, 2023 through to June 30, 2023. The term of the agreement is for a period of approximately seven months, with such term to be extended at the discretion of the Company. The Company also granted 50,000 stock options to the Consultant's President to purchase 50,000 common shares of the Company (each a "**Share**") at an exercise price of \$0.35 per Share for a period of five years, expiring on December 8, 2027, in accordance with the terms of the Company's stock option plan and the policies of the TSX Venture Exchange. The Consultant and related parties hold less than one percent (1%) of the issued and outstanding Shares of the Company.

#### 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 "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"

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Nikolaos Cacos, President, CEO and Director

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*This news release may contain forward-looking statements. Forward-looking statements address future events and conditions and therefore involve inherent risks and uncertainties. All statements, other than statements of historical fact, that address activities, events or developments the Company believes, expects or anticipates will or may occur in the future, including, without limitation, the Company's plans for its mineral*

*properties; the Company's business strategy, plans and outlooks; the future financial or operating performance of the Company; and future exploration and operating plans are forward-looking statements.*

*Forward-looking statements are subject to a number of risks and uncertainties that may cause the actual results of the Company to differ materially from those discussed in the forward-looking statements and, even if such actual results are realized or substantially realized, there can be no assurance that they will have the expected consequences to, or effects on, the Company. Factors that could cause actual results or events to differ materially from current expectations include, among other things: the impact of COVID-19; risks and uncertainties related to the ability to obtain, amend, or maintain licenses, permits, or surface rights; risks associated with technical difficulties in connection with mining activities; and the possibility that future exploration, development or mining results will not be consistent with the Company's expectations. Actual results may differ materially from those currently anticipated in such statements. Readers are encouraged to refer to the Company's public disclosure documents for a more detailed discussion of factors that may impact expected future results. The Company undertakes no obligation to publicly update or revise any forward-looking statements, unless required pursuant to applicable laws. We advise U.S. investors that the SEC's mining guidelines strictly prohibit information of this type in documents filed with the SEC. U.S. investors are cautioned that mineral deposits on adjacent properties are not indicative of mineral deposits on our properties.*