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NEWS RELEASE

FORUM RECEIVES APPROVAL TO EXTEND WARRANT TERM FOR ONE YEAR

Vancouver, B.C., March 3, 2020 - Forum Energy Metals Corp. (TSX.V: FMC) (“Forum” or “the Company”) announces that the Company has received approval from the TSX Venture Exchange to extend the term of certain outstanding warrants for a further one year as follows:

- 1,425,000 warrants at a price of \$0.10 expiring March 5, 2020 will now expire March 5, 2021; and
- 680,000 warrants at a price of \$0.10 expiring April 4, 2020 will now expire April 4, 2021.

655,000 of these warrants currently held by Insiders of the Company will also be extended. Any broker and/or finder warrants issued in connection with these financings will not be extended. All other warrant terms will remain the same.

About Forum Energy Metals

Forum Energy Metals Corp (TSX.V: FMC) explores for energy metals, including copper, nickel, platinum, palladium and uranium in Saskatchewan, Canada’s Number One mining province. In addition, Forum has also established a strategic land position in the Idaho Cobalt Belt. For further information: www.forumenergymetals.com

ON BEHALF OF THE BOARD OF DIRECTORS

Richard J. Mazur, P.Geo.
President & CEO

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.

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