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Lithium One named as part of 2010 TSX Venture 50

Lithium One Inc (the "Company") (TSX-V: LI), is pleased to report that the TSX Venture Exchange today announced that the Company has been named as one of the TSX Venture 50, a ranking of strong performers listed on the TSX Venture Exchange. The TSX Venture 50 is comprised of 10 emerging companies in five industry sectors that have been identified as leaders in Canada's public venture market.

"It is an honour to be named as part of this year's TSX Venture 50," said Lithium One President and CEO Patrick Highsmith. *"We would like to thank our shareholders, as well as the investment and analyst community for their support and enthusiastic attention as we built the company over the last year. Our growth and market exposure are good evidence that the TSX Venture Exchange is an ideal platform for a growth-oriented resources company like Lithium One."*

The 2010 TSX Venture 50 were selected based on four equally weighted criteria that include return on investment, trading, analyst coverage and market capitalization growth in Cleantech, Diversified Industries, Mining, Oil & Gas and Technology and Life Sciences sectors.

"We are pleased to celebrate the 2010 TSX Venture 50," said John McCoach, President, TSX Venture Exchange. *"These outstanding companies are proven leaders in their respective sectors and we are proud to have them listed on TSX Venture Exchange. We wish them all continued success."*

About Lithium One:

Lithium One Inc is an explorer and developer of mineral properties with a specific focus on lithium. The Company now has two major lithium projects: the brownfields Sal de Vida lithium brine project in Argentina and the James Bay bulk tonnage spodumene project in Quebec. The Company continues to advance both projects toward the resource stage, expecting NI 43-101 compliant resource estimates by the 2nd quarter of 2010. Lithium One believes that lithium demand will grow as its value and efficacy in "green energy" applications is fully realized. The Company's strategy is to build a portfolio of high quality producing lithium assets.

ON BEHALF OF THE BOARD OF DIRECTORS,

Patrick Highsmith, M.Sc.
President and Chief Executive Officer

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