

TRU Precious Metals Grants Incentive Stock Options

Fredericton, New Brunswick – **November 8, 2021** – TRU Precious Metals Corp. (TSXV:TRU; OTCQB:TRUIF; FSE:706) ("TRU" or the "Company") announces that, subject to regulatory approval, today the Company has granted an aggregate of 475,000 incentive stock options ("Options") to certain of its officers and consultants in accordance with the Company's stock option plan. All such Options have an exercise price of \$0.23 per share and a 3-year term. The Options vest as follows: (i) 237,500 at 12 months from grant date; and (ii) 237,500 at 24 months from grant date.

The Company also announces that it has filed, to its SEDAR profile at www.sedar.com, its interim financial statements for the quarter ending September 30, 2021, which was the Company's first complete fiscal quarter of mineral exploration activities.

About TRU Precious Metals Corp.

TRU is drilling for gold in the highly prospective Central Newfoundland Gold Belt, and has an option with a subsidiary of TSX-listed Altius Minerals Corporation to purchase 100% of the Golden Rose Project, located along the deposit-bearing Cape Ray – Valentine Lake Shear Zone. TRU also owns 100% of the Twilite Gold Project, located along the same Shear Zone, and earlier-stage properties in the region. TRU's common shares trade on the TSX Venture Exchange under the symbol "TRU", on the OTCQB Venture Market under the symbol "TRUIF", and on the Frankfurt exchange under the symbol "706".

TRU is a portfolio company of Resurgent Capital Corp. ("Resurgent"), a merchant bank providing venture capital markets advisory services and proprietary financing. Resurgent works with promising public and pre-public micro-capitalization companies listing on Canadian stock exchanges. For more information on Resurgent and its portfolio companies, please visit Resurgent's website at https://www.resurgentcapital.ca/

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To connect with TRU via social media, below are links:

Twitter

https://twitter.com/corp_tru

LinkedIn

https://www.linkedin.com/company/tru-precious-metals-corp

YouTube

https://www.youtube.com/channel/UCHghHMDQaYgS1rDHiZIeLUg/

Facebook

https://www.facebook.com/TRU-Precious-Metals-Corp-100919195193616

Acknowledgement

TRU would like to thank the Government of Newfoundland and Labrador for financial support of the Twilite Gold Project through the Junior Exploration Assistance Program. TRU has been approved for funding for a portion of its 2021 exploration activities at the Twilite Gold Project.

Cautionary Statements Regarding Forward-Looking Information

Neither TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

This press release contains certain forward-looking statements, including those relating to regulatory approval. These statements are based on numerous assumptions believed by management to be reasonable in the circumstances and are subject to a number of risks and uncertainties, including without limitation: regulatory approval processes; and those other risks described in the Company's continuous disclosure documents. Actual results may differ materially from results contemplated by the forward-looking statements herein. Investors and others should carefully consider the foregoing factors and should not place undue reliance on such forward-looking statements. The Company does not undertake to update any forward-looking statements herein except as required by applicable securities laws.