



TSX-V: BKR
FSE: BR2N
WKN: A2DNV4

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Vancouver, September 4, 2019 --Berkwood Resources Ltd. (TSX-V: BKR, Frankfurt: BR2N, WKN: A3DNV4) is pleased to announce that it has granted stock option agreements to its directors, officers and consultants for the right to purchase up to 930,000 common shares of the Company, exercisable at the price of \$0.05 per share for five years, subject to regulatory approval.

The option agreements to be issued will be granted in accordance with the Company's Stock Option Plan and if necessary, will be subject to the TSX-V four (4) month hold period.

About the Company: Berkwood is engaged in exploration for the commodities that enable the modern revolution in essential technologies. These technologies are dependent upon the ethical mining and supply of naturally occurring elements and minerals that enhance the performance of energy storage systems and permit the development and miniaturization of new electronics and structural components for the new suite of innovative tools. The Company is led by a team with collectively over 200 years experience and whose members have been involved with the discovery of several producing mines.

On Behalf of the Board of Directors
Berkwood Resources Ltd.

'Thomas Yingling'

President, CEO & Director

FOR MORE INFORMATION, PLEASE CONTACT:

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Disclaimer for Forward-Looking Information:

Certain statements in this release are forward-looking statements, which reflect the expectations of management. Forward-looking statements consist of statements that are not purely historical, including any statements regarding beliefs, plans, expectations or intentions regarding the future. Such statements are subject to risks and uncertainties that may cause actual results, performance or developments to differ materially from those contained in the statements. No assurance can be given that any of the events anticipated by the forward-looking statements will occur or, if they do occur, what benefits the Company will obtain from them. These forward-looking statements reflect management's current views and are based on certain expectations, estimates and assumptions, which may prove to be incorrect.

Neither 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.