

NEWS RELEASE
VITAL ENERGY INC.

VITAL ANNOUNCES CHANGES TO THE BOARD OF DIRECTORS

April 1, 2019 - Calgary, Alberta - Vital Energy Inc. (“Vital” or the “Corporation”) announced today that Jeffrey L. Standen and Zhouliang (Nick) Zhang have resigned as directors of the Corporation. Vital would like to thank Mr. Standen and Mr. Zhang for their dedication and service to the Corporation.

Vital Energy Inc. is a publicly traded junior oil and gas company (“VUX” TSXV) whose primary focus is light and medium crude oil production in Western Canada. Website: www.vitalenergyoil.com

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Cautionary Statement

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