March 5, 2018

VistaGen Therapeutics to Present at Oppenheimer's 28th Annual Healthcare Conference on March 21, 2018

SOUTH SAN FRANCISCO, CA -- (Marketwired) -- 03/05/18 -- VistaGen Therapeutics Inc. (NASDAQ: VTGN), a clinical-stage biopharmaceutical company developing new generation medicines for depression and other central nervous system (CNS) disorders, announced today that Shawn Singh, Chief Executive Officer, will present at Oppenheimer's 28th Annual Healthcare Conference in New York City at 8:00 a.m. Eastern Time on Wednesday, March 21, 2018.

For more information about the conference, or to schedule a one-on-one meeting with VistaGen's management, please contact your Oppenheimer representative directly, or visit the conference website: https://www.opco.com/conferences/nyhealthcare18/index.aspx.

About VistaGen

VistaGen Therapeutics, Inc. (NASDAQ: VTGN), is a clinical-stage biopharmaceutical company developing new generation medicines for depression and other CNS disorders. VistaGen's lead CNS product candidate, AV-101, is an oral NMDA receptor glycine B antagonist in Phase 2 development, initially as a new adjunctive treatment for Major Depressive Disorder (MDD) patients with an inadequate response to current FDA-approved antidepressants. AV-101's mechanism of action is fundamentally different from all current antidepressants and atypical antipsychotics often used adjunctively to augment them. Most current antidepressants target the neurotransmitters serotonin (SSRIs) and/or norepinephrine (SNRIs) and, if effective, take many weeks to achieve therapeutic benefits. VistaGen's AV-101 targets glutamate, the most prevalent neurotransmitter in the brain, and, similar to ketamine, also a NMDA receptor antagonist, has potential to drive a paradigm shift towards a new generation of faster-acting glutamatergic antidepressants. AV-101 may also have the potential to treat neuropathic pain, epilepsy, Parkinson's disease levodopa-induced dyskinesia (PD LID), suicidal ideation and other CNS diseases and disorders where modulation of the NMDA receptors, activation of AMPA pathways and/or key active metabolites of AV-101 may achieve therapeutic benefits.

For more information, please visit www.vistagen.com and connect with VistaGen on Twitter, LinkedIn and Facebook.

Forward-Looking Statements

The statements in this press release that are not historical facts may constitute forward-

looking statements that are based on current expectations and are subject to risks and uncertainties that could cause actual future results to differ materially from those expressed or implied by such statements. Those risks and uncertainties include, but are not limited to, risks related to the successful launch, continuation and results of ongoing and planned Phase 2 clinical studies of AV-101, allowance of patent applications and continued protection of the Company's intellectual property, and the availability of substantial additional capital to support its operations, including the production of, and nonclinical and clinical development of, AV-101 for MDD and other CNS indications. These and other risks and uncertainties are identified and described in more detail in VistaGen's filings with the Securities and Exchange Commission (SEC). These filings are available on the SEC's website at www.sec.gov. VistaGen undertakes no obligation to publicly update or revise any forward-looking statements.

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Source: VistaGen Therapeutics, Inc.