



November 19, 2012

3MV Energy Announces Further Settlement of Debt

Calgary, AB – Further to its press releases dated October 18, 2012, November 5, 2012 and November 13, 2012, 3MV Energy Corp. (“**3MV**” or the “**Company**”) (TSXV: TMV) is pleased to announce that it has agreed to convert \$362,369.61 of trade and professional services debt into 1,449,481 units (the “**Units**”) of the Company at a conversion price of \$0.25 per Unit. Each Unit will be comprised of one Share and one common share purchase warrant (a “**Warrant**”). Each Warrant will entitle the holder to purchase one additional Share of the Company at an exercise price of \$0.50 per Share for a period of 18 months following the date of issuance. To date the Company has converted \$1,050,516.59 of debt into an aggregate of 4,201,990 common shares and 3,440,430 Warrants. 3MV is continuing to solicit its creditors for conversion.

These transactions are consistent with 3MV’s present goal to preserve its cash and are subject to the approval of the TSX Venture Exchange. According to TSXV rules and applicable securities legislation, the securities issued pursuant to the shares for debt transactions are subject to a four-month and one day hold period, commencing on the closing date and ending on March 20, 2013. The issuance of the common shares will not result in a change of control.

About 3MV

3MV is an oil and gas exploration and development company with assets throughout west central Saskatchewan’s Viking oil play.

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Forward-Looking Statements

Certain statements in this news release constitute forward-looking statements. The forward-looking statements contained in this document are based on certain key expectations and assumptions made by 3MV. Although 3MV believes that the expectations and assumptions on which the forward-looking statements are based are reasonable, undue reliance should not be placed on the forward-looking statements because 3MV can give no assurance that they will prove to be correct.

Since forward-looking statements address future events and conditions, by their very nature they involve inherent risks and uncertainties. Actual results could differ materially from those currently anticipated due to a number of factors and risks. These include, but are not limited to, the failure to obtain necessary regulatory approvals, risks associated with the oil and gas industry in general (e.g., operational risks in development, exploration and production; delays or changes in plans with respect to exploration or development projects or capital expenditures; the uncertainty of reserve estimates; the uncertainty of estimates and projections relating to production, costs and expenses, and health, safety and environmental risks), commodity price and exchange rate fluctuations and uncertainties resulting from potential delays or changes in plans with respect to exploration or development projects or capital expenditures. Readers are cautioned that the foregoing list of factors is not exhaustive. Additional information on these and other factors that could affect 3MV's operations and financial results are included in reports on file with Canadian securities regulatory authorities and may be accessed through the SEDAR website (www.sedar.com).

The forward-looking statements contained in this document are made as of the date hereof and 3MV undertakes no obligation to update publicly or revise any forward-looking statements or information, whether as a result of new information, future events or otherwise, unless so required by applicable securities laws.

Oil and Gas Disclosure

*For the purpose of calculating unit costs, natural gas volumes have been converted to a barrel of oil equivalent (“**BOE**”) using six thousand cubic feet equal to one barrel unless otherwise stated. A BOE conversion ratio of 6:1 is based upon an energy equivalency conversion method primarily applicable at the burner tip and does not represent a value equivalency at the wellhead. BOEs may be misleading, particularly if used in isolation.*

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.

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