

September 2, 2014



3MV Energy Announces Stock Option Grant

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Calgary, AB – 3MV Energy Corp. (“**3MV**” or the “**Company**”) (TSXV: TMV) is pleased to announce that a total of 1,050,000 stock options to purchase common shares of 3MV were granted to three independent directors of 3MV today at an exercise price of \$0.15 per share expiring on September 2, 2019. The grant is subject to regulatory approval.

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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