
FOR IMMEDIATE RELEASE

December 23, 2013

NEWS RELEASE

Tintina Grants Options to Directors, Officers, Employees and Consultants

Vancouver, British Columbia – December 23, 2013– Tintina Resources Inc. (TSX.V: “TAU”; OTCQX: “TINTF”) (“Tintina” or the “Company”) announces that it has granted to directors, officers, employees and consultants a total of 1,005,000 stock options under the Company’s Stock Option Plan. The options are exercisable at a price of \$0.15 per share for a period of 5 years, and vest 1/3 on grant, 1/3 after one year and the remaining 1/3 after two years.

ON BEHALF OF THE BOARD OF DIRECTORS

“GERALD G. BOOTH”

Gerald G. Booth
Interim CEO

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