

FOR IMMEDIATE RELEASE

December 22, 2016

NEWS RELEASE Tintina Grants Options to Directors, Officers, and Employees
Vancouver, British Columbia – December 22, 2016– Tintina Resources Inc. (TSX.V: “TAU”; OTCQX: “TINTF”) (“Tintina” or the “Company”) announces that it has granted to directors, officers, and employees a total of 3,350,000 stock options under the Company’s Stock Option Plan. The options have a five year term and are exercisable at a price of \$0.06 per share, and vest 1/3 one year after date of grant, 1/3 two years after date of grant and the remaining 1/3 three years after date of grant.

ABOUT TINTINA RESOURCES INC.

Tintina Resources Inc. is a growth company focused on the exploration, development, and mining of its 100% owned flagship property, the Black Butte Copper project in central Montana, USA. The Company is led by a highly experienced executive management team that has a successful track record of building shareholder value through exploration, corporate finance, and mine development.

Neither the 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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