

TSX.V:TAU OTCQX:TINTF

FOR IMMEDIATE RELEASE

March 17, 2014

NEWS RELEASE

Tintina Resources announces filing of complaint

Vancouver, BC – March 17, 2014 - Tintina Resources Inc. ("Tintina" or the "Company") (TSX.V: "TAU"; OTCQX: "TINTF") announces that Earthworks and the Montana Environmental Information Center (MEIC) filed a complaint in the Meagher County courthouse at White Sulphur Springs challenging the decision of the Montana Department of Environmental Quality (DEQ) to approve construction of a 5,000 foot long underground exploration decline on the Company's Black Butte Copper Project, as announced by the Company on January 16, 2014. The relief sought by the plaintiffs includes remanding the Final Mitigated Environmental Assessment to DEQ for additional analysis and setting aside the amended exploration license.

The Company is reviewing the complaint with its legal counsel and intends to vigorously defend against the allegations of the complaint.

ABOUT TINTINA RESOURCES INC.

<u>Tintina Resources</u> 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.

Contact Information

Tintina Resources Inc.
Wylie Hui, Chief Financial Officer

(604) 628-1162

Email: info@tintinaresources.com