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FOR IMMEDIATE RELEASE

NAL OIL & GAS TRUST ANNOUNCES JUNE DISTRIBUTION TO UNITHOLDERS

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CALGARY, May 12, 2008 /Marketwire / - NAL Oil & Gas Trust (the "Trust") (TSX: NAE.UN) will pay a distribution of \$0.16 per unit on June 16, 2008, to Unitholders of record on May 23, 2008. The units will begin trading ex-distribution on May 21, 2008.

Trailing cash distributions for the past 12 months total \$1.92 per unit, representing a 12.53% cash-on-cash yield based on the May 09, 2008 closing unit price of \$15.32.

NAL Oil & Gas is an open-end investment trust that generates distributions through the acquisition, development, production and marketing of oil, natural gas and natural gas liquids. The Trust owns high quality assets in British Columbia, Alberta, Saskatchewan and Ontario. Trust units trade on the Toronto Stock Exchange under the symbol "NAE.UN".

For further information:

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