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**NAL OIL & GAS TRUST ANNOUNCES
JULY DISTRIBUTION TO UNITHOLDERS**

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CALGARY, June 11, 2008 / Marketwire / - NAL Oil & Gas Trust (the "Trust") (TSX: NAE.UN) will pay a distribution of \$0.16 per unit on July 15, 2008, to Unitholders of record on June 23, 2008. The units will begin trading ex-distribution on June 19, 2008.

Trailing cash distributions for the past 12 months total \$1.92 per unit, representing a 12.28% cash-on-cash yield based on the June 10, 2008 closing unit price of \$15.63.

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".

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