



## **FOR IMMEDIATE RELEASE**

Suite 1000, 550 - 6 Avenue SW  
Calgary, Alberta T2P 0S2  
Tel: 403.294.3600 Fax: 403.294.3601  
Website: [www.nal.ca](http://www.nal.ca) Email: [Investor.Relations@nal.ca](mailto:Investor.Relations@nal.ca)

### **NAL OIL & GAS TRUST ANNOUNCES SEPTEMBER DISTRIBUTION TO UNITHOLDERS**

**Media Release No. 25-08**

**September 10, 2008**

CALGARY, September 10, 2008 / Marketwire / - NAL Oil & Gas Trust (the "Trust") (TSX: NAE.UN) will pay a distribution of \$0.16 per unit on October 15, 2008, to Unitholders of record on September 22, 2008. The units will begin trading ex-distribution on September 18, 2008.

Trailing cash distributions for the past 12 months total \$1.92 per unit, representing a 14.87% cash-on-cash yield based on the September 9, 2008 closing unit price of \$12.91.

NAL Oil & Gas Trust's Board of Directors sets distributions at a level it believes will be sustainable for a period of time and formally reviews distribution levels quarterly. In determining the appropriate distribution level, the Board takes into consideration the forecast cash flow of the Trust, commodity prices, financial market conditions, internal capital investment opportunities and the resulting impact on taxability.

NAL Oil & Gas Trust provides investors with a yield-oriented opportunity to participate in the Canadian Upstream Conventional Oil and Gas Industry. The Trust generates monthly cash distributions for its Unitholders by pursuing a strategy of acquiring, developing, producing and selling crude oil, natural gas and natural gas liquids from pools in southeastern Saskatchewan, central Alberta, northeastern British Columbia and Lake Erie, Ontario. NAL manages risk by focusing on development of producing oil and gas pools; effectively managing costs; and hedging up to 50% of its annual net production to manage cash flows and protect distributions and capital programs. Trust units trade on the Toronto Stock Exchange under the symbol "NAE.UN".

For further information:

**Clayton Paradis, Manager, Investor Relations**  
Telephone: 403.294.3620  
Toll Free: 888.223.8792, Fax: 403.515.3407  
Email: [investor.relations@nal.ca](mailto:investor.relations@nal.ca) Website: [www.nal.ca](http://www.nal.ca)