

STINA RESOURCES LTD.

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12g3-2(b): 82-2062

Shares Issued 15,285,567

September 24, 2009 close: \$0.46

September 25, 2009

NEWS RELEASE

Stina Closes Northern Seas Division

Stina Resources Ltd. (the Company) announces that it is closing the Northern Seas Health Food Division, effective today's date.

The Company recognizes that the revenues for this division have diminished over the past few years and the potential for stronger revenues in the future are unlikely without significant capital injection. The Company believes the division to hold an insignificant value and therefore has decided to let it cease operations, transfer the balance of funds on hand to Stina and write off the Northern Seas inventory and assets. Stina will assume liabilities incurred to date on behalf of Northern Seas.

STINA RESOURCES LTD.

"Edward Gresko"

Edward Gresko, Director

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