



PRESS RELEASE

TSX VENTURE EXCHANGE = MTO

267,266,066 outstanding shares

METANOR PRODUCES 4,234 OUNCES OF GOLD IN FEBRUARY AT BACHELOR

March 5, 2014 - Val-d'Or, Québec, Canada: Ressources Métanor Inc. ("Metanor") (TSX - V: MTO) is pleased to announce that it has produced 4,234 ounces of gold during the month of February at its Bachelor Mine.

A total of 18,612 tonnes of ore at a feed grade of 7.31 grams / tonne was processed with a 96.8% recovery rate. The higher grade in February is the result of the mining of two stopes with higher grades and the execution of a rigorous dilution control program.

Ghislain Morin, President and Chief Executive Officer, and Serge Roy, Executive Chairman of the board, declare: « We are very pleased to see the effectiveness of our dilution control program. We are very confident in our mine's future and our team is doing excellent work in keeping the stope dilution to a minimum. »

About Metanor

Metanor is a Canadian based gold mining company with a focus on adding value per share through efficient production, exploration, and development of its properties.

Qualified Person

Pascal Hamelin, P.Eng, Vice-president of Operations, is the Qualified Person under NI 43-101 responsible for reviewing and approving the technical information contained in this news release.

Cautionary Language and Forward-Looking Statements

This press release includes certain statements that may be deemed "forward-looking statements". All statements in this discussion, other than statements of historical facts, that address future exploration drilling, exploration activities, anticipated metal production, internal rate of return, estimated ore grades, commencement of production estimates and projected exploration and capital expenditures (including costs and other estimates upon which such projections are based) and events or developments that the Company expects, are forward looking statements. Although the Company believes the expectations expressed in such forward looking statements are based on reasonable assumptions, such statements are not guarantees of future performance, and actual results or developments may differ materially from those in forward-looking statements.

Neither the TSX Venture Exchange, nor its Regulation Services Provider accepts responsibility for the adequacy or accuracy of this release.



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