

Northern Lights Resources Engages Market Maintenance Services Provider

July 26, 2019 CSE Symbol: NLR

Vancouver, British Columbia. Northern Lights Resources Corp. (the "Company" or "Northern Lights"), a growth oriented exploration and development company, announces that, subject to any required regulatory approval, it has retained Mackie Research Capital Corporation ("MRCC") to provide market maintenance services to the Company in compliance with the polices and guidelines of the Canadian Securities Exchange (the "CSE") and other applicable legislation. MRCC will trade shares of Northern Lights on the CSE for the purposes of maintaining a reasonable market and improving the liquidity of Northern Lights common shares.

The Company will pay \$3,500 per month for the services to be provided by MRCC. The agreement may be terminated at any time by the Company or MRCC. There are no performance factors contained in the agreement and MRCC will not receive any shares or options as compensation for the services it will render. The Company and MRCC are unrelated and unaffiliated entities but MRCC and/or its clients may have an interest, directly or indirectly, in the securities of the Company.

For further information, please contact:

Albert Timcke, Executive Chairman and President

Email: rtimcke@northernlightsresources.com

Tel: +1 604 608 6163

Or

Jason Bahnsen, Chief Executive Officer

Email: Jason@northernlightsresources.com

Tel: +1 604 608 6163

About Northern Lights Resources Corp.

Northern Lights Resources Corp is a growth oriented exploration and development company that is advancing the Medicine Springs Project located in Nevada. Northern Lights is earning a 100% equity interest in the Medicine Springs Project, a prospective silver – zinc – lead property located in southeastern Elko County, Nevada.

Northern Lights Resources trades under the ticker of "NLR" on the CSE. This and other Northern Lights Resources news releases can be viewed at www.sedar.com and www.sedar.com and www.northernlightsresources.com.

CAUTIONARY STATEMENT REGARDING FORWARD-LOOKING INFORMATION: This news release includes certain "forward-looking statements" under applicable Canadian securities legislation. Forward-looking statements include, but are not limited to, statements with respect to: the terms and conditions of the proposed private placement; use of funds; the business and operations of the Company after the proposed closing of the Offering. Forward-looking statements are necessarily based upon a number of estimates and assumptions that, while considered reasonable, are subject to known and unknown risks, uncertainties, and other factors which may cause the actual results and future events to differ materially from those expressed or implied by such forward-looking statements. Such factors include, but are not limited to: general business, economic, competitive, political and social uncertainties; delay or failure to receive board, shareholder or regulatory approvals; and the uncertainties surrounding the mineral exploration industry. There can be no assurance that such statements will prove to be accurate, as actual results and future events could differ materially from those anticipated in such statements. Accordingly, readers should not place undue reliance on forward looking statements. The Company disclaims any intention or obligation to update or revise any forward-looking statements, whether as a result of new information, future events or otherwise, except as required by law.

{01113842;1}