

Solid Resources Provides Warrant Exercise Instructions

May 8, 2014 (Source: Marketwired) – Solid Resources Ltd. (“Solid” or the “Company”) (TSX VENTURE:SRW) is pleased to provide warrant exercise instructions for the Solid warrants expiring May 10, 2014 at 4:30 pm Vancouver time (the “Warrants”). Each Warrant entitles the holder thereof to purchase one (1) common share of Solid (the “Common Shares”) at a price of \$0.15.

Exercise Instructions – Certified Warrants

Individuals who wish to exercise the Warrants into Common Shares may do so by submitting the following materials before the expiry date and time:

- the original warrant certificate;
- a completed and executed Warrant Exercise Form (pages 10 & 11 of the warrant wording package);
- the exercise funds, in Canadian Dollars, made payable to Solid Resource Ltd. in the form of a cheque, bank draft or money order;
- any special or delivery instructions for the Common Shares on a cover letter.

The above materials must be sent to:

Solid Resources Ltd.

390 Hill Road
Gabriola, B.C. V0R 1X2

As of 5:00 PM PST on Wednesday, May 7, 2014, 2,030,000 warrants, representing proceeds of \$304,500 have been received by the Company from the early exercise of the above warrants.

Solid Resources is a Canadian junior mining company focused in Spain on the exploration and development of rare and

industrial metals. The Company is currently studying the re-opening of the Cehegin iron ore concessions in south-eastern Spain and is applying for an exploitation permit on its Alberta-1 tantalum/tin and lithium property in north-western Spain.

Neither the TSX Venture Exchange or its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.