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FOR IMMEDIATE RELEASE

NAL OIL & GAS TRUST ANNOUNCES OCTOBER DISTRIBUTION TO UNITHOLDERS

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CALGARY, September 12/ 2007 / Marketwire / - NAL Oil & Gas Trust (the "Trust") (TSX: **NAE.UN**) will pay a distribution of \$0.16 per unit on October 15, 2007, to Unitholders of record on September 24, 2007. The units will begin trading ex-distribution on September 20, 2007.

Trailing cash distributions for the past 12 months total \$1.95 per unit, representing a 16.4% cash-on-cash yield based on the September 11, 2007 closing unit price of \$11.90.

NAL Oil & Gas Trust is an open-end investment trust that generates distributions through the acquisition, development, production and marketing of oil, natural gas and natural gas liquids. The Trust owns high quality assets in Alberta, Saskatchewan and Ontario. Trust units trade on the Toronto Stock Exchange under the symbol "NAE.UN".

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