

## **CANAMEX RESOURCES CORP.**

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### **NEWS RELEASE**

#### **Canamex Grants Stock Options**

(Vancouver, British Columbia), March 14 2014 - **Canamex Resources Corp.** (TSX-V: **CSQ**) announces the grant, pursuant to its 10% Rolling Stock Option Plan that was ratified and approved by shareholders on November 22, 2013 and accepted for filing by the TSX Venture Exchange on November 28, 2013, of options to eligible participants to purchase a total of 4,400,000 common shares, exercisable in whole or in part on or before March 13, 2019 at an exercise price of \$0.13 per share. Options granted to eligible participants who are not directors of the Company will vest as to 50% immediately and 50% on March 13, 2015.

#### **ON BEHALF OF THE BOARD**

SIGNED: "*Robert Kramer*"

**Robert Kramer, CEO and Chairman**

Contact: Robert Kramer (604) 828-0067

*Neither the TSX Venture Exchange nor 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.*