

# Spearmint Resources Inc. Encounters Elevated Gold, Silver and Zinc Indicators on its NEBA Prospects in the Golden Triangle of BC

Vancouver, British Columbia--(Newsfile Corp. - August 13, 2019) - **Spearmint Resources Inc. (CSE: SPMT) (OTC Pink: SPMTF) (FSE: A2AHL5)** (the "**Company**") is pleased to report on results of a recent sampling program on its 'NEBA' Prospects directly bordering Aben Resources Ltd. in the Golden Triangle of BC.

James Nelson, President of Spearmint stated, "We are very encouraged with the initial results on the 'NEBA' Prospects that directly border Aben Resources Ltd. in the Golden Triangle of BC. We are excited that the sampling program has returned positive results and the fact that our neighbour Aben is currently drilling on their property right beside ours. We look forward to building upon these results and Spearmint will continue to be very active in the region this summer as the mining sector continues to gain momentum with tailwinds provided by the recent appreciation in the price of gold."

The sampling survey was carried out by Apex Geoscience Ltd., on behalf of Spearmint. Of the samples collected, an anomalous gold value of **112 ppb Au (gold)** was returned from a stream sediment sample. The best rock sample contained values of **2.6% Zn (zinc)** and **1.9 g/t Ag (silver)** from a strongly weathered and oxidized outcrop with stockwork veining.

Over the last month Spearmint has now produced positive sampling results from three separate projects in British Columbia. On July 18, 2019 Spearmint announced sampling values as high as **94 ppb Au (gold)** and **391 ppm Cu (copper)** from its Hammernose Prospect directly bordering the strategic alliance between Westhaven Ventures Inc. & Sable Resources Ltd. in the Spences Bridge Gold Belt of BC. On August 9, 2019 Spearmint announced sampling values as high as **264 ppb Au (gold)** and **1,740 ppm Cu (copper)** from its 'Golden Triangle Gold Prospects' directly bordering GT Gold Corp.

## Qualified Persons

The content of this news release was reviewed and approved by Mr. Greg Thomson, P.Geo., a director and qualified person for Spearmint.

## About Spearmint Resources

Spearmint's current projects include a portfolio of prospects in the Golden Triangle of British Columbia; the 'Golden Triangle Gold Prospects' comprising of six claims consisting of 9,157 acres bordering GT Gold Corp, the 920 acre 'NEBA West' & 6,803 acre 'NEBA' Gold-Copper Prospects bordering Aben Resources Ltd, the 'Henry' Gold-Copper Prospect comprised of two contiguous claim blocks totaling 4,912 acres in the direct vicinity of Golden Ridge Resources Ltd., and the 17,593 acre 'EL North' Nickel-Copper Prospect consisting of six contiguous claims in the Eskay Creek Camp bordering Garibaldi Resources Corp as well as the recent acquisition, the 4,980 acre 'Prickle' property bordering Brixton Metals Corp.

Spearmint's other projects in British Columbia include the 'Gold Mountain Prospects' comprising of three separate claim blocks totaling 1,245 acres bordering Barkerville Gold Mines, the 'Safari' Copper-Gold Prospect consisting of 9,007 contiguous acres located in the northern Quesnel Trough in north-central BC directly bordering Serengeti Resources Inc. and the 'Hammernose' Gold Prospect consisting of 5,910 acres directly bordering the strategic alliance between Westhaven Ventures Inc. & Sable Resources Ltd. in the Spences Bridge Gold Belt located in Southern BC, Canada.

Spearmint's current projects also include the 'Chibougamau Vanadium Prospects' comprising of 17,142 contiguous acres bordering the vanadium deposit of BlackRock Metal's (private) Ilmenite vanadium project and Vanadium One Energy Corp. and Spearmint's 'Clayton Valley Lithium Prospects' in Nevada comprising of two claim blocks totaling 1,160 acres bordering Pure Energy Minerals & Cypress Development Corp. where Spearmint's drill results have intersected Lithium values as high as 1,670 ppm Li.

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"James Nelson"  
President  
Spearmint Resources Inc.

*The CSE has not reviewed and does not accept responsibility for the adequacy or accuracy of the content of this release.*

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