

FOR IMMEDIATE RELEASE**February 16, 2012**

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NEWS RELEASE**Options Granted to Directors, Officers, Employees and Consultants**

Vancouver, British Columbia – February 16, 2012 – Tintina Resources Inc. (TSX.V:TAU) ("Tintina" or the "Company") announces that it has granted to directors, officers, employees and consultants an aggregate of 1,815,000 stock options under the Company's Stock Option Plan. The options will be exercisable for a period of 5 years, at a price of \$0.50 per share.

ON BEHALF OF THE BOARD OF DIRECTORS

"RAJ I. CHOWDHRY"

Raj Chowdhry, C.A.
Interim CEO and Executive Vice-Chairman

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.

