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# Northern Oil and Gas, Inc. Reports Stock Disposition by Board Chairman

MINNEAPOLIS--(BUSINESS WIRE)-- Northern Oil and Gas, Inc. (NYSE American: NOG) (the "Company" or "Northern") today reported that Bahram Akradi, the Non-Executive Chairman of Northern's Board of Directors, has sold 260,000 shares of Northern common stock. The sale has also been disclosed on a Form 4 filing made with the Securities and Exchange Commission.

Mr. Akradi advised the Company that his decision to sell was required for tax purposes and generated almost \$10 million in tax loss, and that he does not currently anticipate additional sales. The shares sold represent just 0.6% of Northern's outstanding common stock and only 13% of Mr. Akradi's beneficial holdings in Northern.

"I remain a committed long-term investor in Northern, and I remain confident in our differentiated and advantageous business model," commented Mr. Akradi. "While these sales were necessary for me personally, I have the utmost faith in our multi-year plan to create value and the continued growth of our free cash flow focused business."

## ABOUT NORTHERN OIL AND GAS

Northern Oil and Gas, Inc. is a company with a primary strategy of investing in non-operated minority working and mineral interests in oil & gas properties, with a core area of focus in the Williston Basin Bakken and Three Forks play in North Dakota and Montana. More information about Northern Oil and Gas, Inc. can be found at [www.northernoil.com](http://www.northernoil.com).

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