

TSX Venture Exchange
Symbol **MLM**

Frankfurt Exchange
Symbol **NJD**
64,051,707 SHARES ISSUED



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FOR IMMEDIATE RELEASE

Date: July 28, '08
July 25, '08 Close: \$0.08

MILLSTREAM SUBMITS NI 43-101 REPORT ON TAMARACK GOLD PROPERTY

Toronto, Ontario - Millstream Mines Ltd. (MLM -TSX-V; NJD - Frankfurt) is pleased to announce that it has filed on SEDAR and the company's website an NI 43-101 compliant Geologic Report on its Tamarack Gold Property located near Sheridan, Montana, USA.

Also, Millstream has granted to members of its Board of Directors incentive stock options as defined by its approved Stock Option Plan a total of 900,000 options exercisable at a price of \$0.14 for a period of five years to June 5, 2013. Millstream has also granted a total of 250,000 options to a consultant of the company exercisable at a weighted average price* of \$0.30 until Dec. 31, 2008.

* (100,000 at \$0.25; 50,000 at \$0.30; 100,000 at \$0.35)

About Millstream Mines Ltd.:

Millstream Mines Ltd. is a Canadian-based mineral exploration company whose principle objective is to enhance and develop known mineral properties to production potential. The Company has active projects in the Province of Ontario, Canada and in the State of Montana, USA. The past producing Potter Mine Property is host to copper-zinc-cobalt "stacked" mineralized zones located in the highly prolific Abitibi Greenstone Belt and more specifically in the Kidd-Munro Assemblage near the town of Matheson in north eastern Ontario. A recently published initial NI 43-101 compliant resource estimate on the Potter revealed an indicated resource of 3,028,767 tonnes at 1.45% copper, 1.19% zinc, 389.7 ppm cobalt, 11.1 ppm silver, and 127.5 ppb gold along with an inferred resource of 2,071,101 tonnes at 1.08 % copper, 1.05 % zinc, 301.4 ppm cobalt, 8.7 ppm silver, and 81.7 ppb gold. The Tamarack Gold Property, a high grade former gold producer in the Tobacco Root Mountains of south western Montana, is in an advanced stage of underground exploration and development operating under the Small Mines Exclusion Act of the State of Montana.

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release. Millstream seeks safe harbour with regard to forward looking statements.

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