



June 20, 2007, Montréal, Québec
Press release – for immediate distribution

Symbol: TSX.V: PSR
Shares outstanding: 54,131,142

PRO-SPECT-OR ADOPTS A NEW STOCK OPTION PLAN

Pro-Spect-Or Resources Inc. ("Pro-Spect-Or") announces that its Board of Directors has approved a new stock option plan (the "2007 Plan"). The total number of shares that may be issued pursuant to this plan is 4,150,000 common shares. Currently, Pro-Spect-Or maintains one stock option plan (the "2005 Plan"). As a result, the maximum number of common shares which may be issued under this new plan and the preceding plan shall be 5,400,000 common shares, being equivalent to less than 10% of the issued and outstanding common shares of the Corporation.

The new plan is subject to regulatory approval.

Pro-Spect-Or Resources is a Canadian company actively involved in the acquisition, exploration and development of major mineral properties in Namibia and in the province of Quebec where its large and prospective license holdings and claims in uranium properties place it as an actor of choice for growth economic groups.

The TSX Venture Exchange (TSX) does not accept responsibility for the adequacy or accuracy of this release.

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