Integra Gold Reports up to 97.8% Gold Recovery in Phase 3 Metallurgical Testing

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Press release highlights:

- Gold recovery of up to 97.8% for the Parallel Zone composite samples using a combination of gravity and Carbon-in-Leach ("CIL") cyanidation.
- Test work completed by ALS Metallurgy ("ALS") in Kamloops, British Columbia, with supervision by WSP Group ("WSP") from Val-d'Or, Québec
- Phase 3 focused on applying recovery processes consistent with existing milling infrastructure in the region

Integra Gold Corp. (TSX VENTURE:ICG) ("Integra" or the "Company") is pleased to announce it has completed its Phase 3 metallurgical testing program at its Lamaque Gold Project in Val-d'Or, Québec. The Phase 3 program was designed to individually assess the metallurgical response of samples from the project's four gold deposits using flowsheets that replicated the processes used by various mills in the immediate vicinity of the Lamaque Project. The Company is currently assessing the viability and availability of each of the mills and will incorporate these results into its future plans.

"Results of this program confirm that gold at the Lamaque Project can be efficiently recovered utilizing the same processing methodologies and flowsheets used in existing milling facilities in the immediate vicinity. We will use this positive metallurgical data to guide the next phase of our development plan, which is to assess all options and determine the best fit for the Company's needs moving forward. The fact that there are six potentially available mills included as part of this study speaks volumes about the infrastructure advantages this project has," commented Company President and CEO, Stephen de Jong. "The recent test work indicates that metallurgical gold recoveries can be optimized to over 95% which is consistent with what was achieved historically on similar types of mineralization at the neighbouring Lamaque and Sigma mines. Further metallurgical work is required for the Plug No. 4 material and we are confident there is significant room for optimization. We do not anticipate this will have a significant impact on our upcoming PEA as the initial phase of proposed production will focus on the Triangle and Parallel Zones."

The following table give a summary of Phase 3 optimized recoveries using a 96 hour leach time:

Phase 3 Metallurgical Testing - Gold Recoveries versus Metallurgical Process
(96 hour retention time)

	Clusters and Zones			
	North Cluster		South Cluster	
Metallurgical Process	Parallel	Fortune	Triangle	Plug No. 4
Process 1	97.8 %	96.6 %	93.1 %	87.6 %
Process 2	97.1 %	95.6 %	92.9 %	83.2 %
Process 3	96.6 %	97.1 %	93.4 %	85.1 %
Process 4	85.8 %	82.0 %	71.1 %	58.4 %

Process 1 - Gravity concentration with CIL cyanide leach
Process 2 - Whole ore cyanide leach
Process 3 - Whole ore CIL cyanide leach
Process 4 - Flotation separation with cyanide leach of concentrate (excluding leach of tails)

Summary of Phase 3 Metallurgical Testing

The metallurgical test program was completed by ALS on samples from the Lamaque deposits in Val-d'Or, Québec on behalf of Integra, with supervision by WSP from Val-d'Or. The focus of this program was to test

and compare four possible flowsheets, mirroring existing milling infrastructure in the region, on composites from four separate gold mineralized zones.

Four separate composites from the Parallel, Triangle, Fortune and No. 4 Plug zones were prepared from crushed drill core. The four composites were prepared to be at a median range of gold grade respective to each zone. Gold head assays were conducted using a screened metallic assaying method due to the coarse nugget effect of the gold in these deposits. The composites assayed 9.1, 8.8, 6.2 and 4.4 grams/tonne gold ("g/t Au") for the Parallel, Triangle, Fortune and No. 4 Plug composites, respectively.

Four flowsheets were tested on each sample. The first involved a gravity concentration followed by a Carbon-in-Leach ("CIL") cyanide leach of the gravity tails. The second was a whole ore cyanide leach and the third was a whole ore CIL. The fourth flowsheet involved a flotation separation (rougher and cleaner) followed by a separate cyanide leach of the flotation concentrate. Gold recoveries from the first three flowsheets were similar. Using these three flowsheets, and a 96 hour leach time, gold recoveries were as followed:

Parallel Zone Composite:	96.6% to 97.8%
Triangle Zone Composite:	92.9% to 93.4%
Fortune Zone Composite:	95.6% to 97.1%
Plug No. 4 Zone Composite:	83.2% to 87.6%

Using these same three flowsheets but with a 48 hour leach time, gold recoveries were as followed:

Parallel Zone Composite:	94.1% to 96.7%
Triangle Zone Composite:	89.3% to 90.2%
Fortune Zone Composite:	92.8% to 95.0%
Plug No. 4 Zone Composite:	82.7% to 86.1%

The main difference between flowsheet performances was related to reagent consumption, with the CIL extractions consuming approximately twice as much sodium cyanide. In comparing the first three flowsheets, recovery differences were small enough that reagent consumptions and other economic factors relating to the use of the different processing facilities would likely be more significant than the metallurgical recovery differences.

The fourth flowsheet which involved gold recovery utilizing the flotation and cyanide leaching flowsheet produced significantly lower recoveries. This flowsheet, when not including the cyanide leach of the flotation tailings, had gold recovery substantially lower than the other flowsheets tested. Reagent consumptions for this flowsheet were also lower.

Testing Parameters

All flowsheets were tested with a primary grind sizing of 75μm K80. Further testing with various grind sizes may be used in the future to further optimize test work.

The first flowsheet tested utilized a batch Knelson gravity concentrator with a hand panning of the gravity concentrate. Tailings from this gravity concentration underwent a 96 hour CIL cyanide test. The leaches were conducted at a pH of 11.0, with a sodium cyanide concentration of 1,000 ppm and with 30 grams per liter of carbon added to the leach slurry.

The second and third flowsheets were similar. The second flowsheet involved a 96 hour whole ore leach using 1,000 ppm sodium cyanide and a pH of 11.0. The third flowsheet used the same conditions as the second with the 96 hour leaches being CIL tests with 30 grams per liter of carbon added to the leach slurry.

The fourth flowsheet utilized flotation separation with a rougher separation followed by one stage of dilution cleaning. The flotation cleaner concentrate was subjected to a cyanide leach at 2,000 ppm sodium cyanide at pH of 11.0 for 96 hours. The flotation separations were conducted at natural pH with Potassium Amyl Xanthate (PAX) as a sulphide collector and Methyl Isobutyl Carbonyl (MIBC) as the frother.

No. 4 Plug Composites Future Testing

The No. 4 Plug composite has shown slightly lower overall gold recoveries when compared to material from other zones in all of the metallurgical processes tested. Before additional metallurgical testing is performed, and in order to fine-tune metallurgical recoveries for this zone, a mineralogical analysis of this ore type will be conducted. In previous testing work (see press release dated May 01, 2013 and July 25, 2013 on Phase 1 and 2 testing), finer grinding and more intense leach conditions had shown to optimize and improve performance significantly.

Project and Company Profile

Integra's Lamaque gold project is located in the heart of the Val-d'Or gold camp in the Province of Québec, Canada, approximately 550 km northwest of Montréal. Québec is rated one of the best mining jurisdictions in the world. Infrastructure, human resources and mining expertise are readily available.

The Company's primary objective is to continue to prove up additional resources while advancing the existing resource towards production. The project is divided into three main clusters of mineralization, the North, South and West Cluster. The North Cluster consists of the Parallel, Fortune, No. 5 Plug, and No. 3 Mine zones and is located approximately 1 km from the South Cluster, which includes the No. 4 Plug, Triangle and Triangle South zones. The Sixteen Zone and No. 6 Vein form the West Cluster.

Qualified Persons

The Lamaque exploration project is under the direct supervision of Hervé Thiboutot, Eng. and Senior Vice-President of the company, and Francois Chabot, Eng. and Operations and Engineering Manager of the Company, both Qualified Person ("QP") as defined by National Instrument 43-101, and Alain-Jean Beauregard, P.Geo., Daniel Gaudreault, Eng., Geo. of Géologica Inc., and Michel Garon, Eng., M.A.Sc. of WSP Group in Val-d'Or, Québec, all three independent QP as defined by National Instrument 43-101. The Company's QPs have reviewed the technical content of this release.

Quality Assurance - Quality Control ("QA/QC")

Thorough QA/QC protocols are followed on the project including insertion of duplicate, blank and standard samples in all drill holes. The core samples are submitted directly to ALS Laboratory Group and Bourlamaque Labs in Val-d'Or for preparation and analysis. Analysis is conducted on 1 assay-ton aliquots. Analysis of Au is performed using fire assay method with atomic absorption finish, with a gravimetric finish completed for samples exceeding 5 g/t Au, or a metallic sieve assay for samples containing visible gold. When available the gravimetric or metallic sieve assay results are used for the reported composite intervals.

ON BEHALF OF THE BOARD OF DIRECTORS

Stephen de Jong, *CEO & President*

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