

Strategic Oil & Gas Ltd. Posts Updated Corporate Presentation

CALGARY, ALBERTA--(Marketwired - May 7, 2014) - Strategic Oil & Gas Ltd. ("Strategic" or the "Company") (TSX VENTURE:SOG) announces that it has posted a new corporate presentation for investors and interested parties on its website at www.sogoil.com. This new presentation provides an overview of Muskeg Stack drilling activities at the Company's Steen River core area.

ABOUT STRATEGIC

Strategic is a junior oil and gas company committed to growth by exploiting its light oil assets in Canada. Strategic's common shares trade on the TSX Venture Exchange under the symbol SOG.

ADDITIONAL INFORMATION

Additional information is also available at www.sogoil.com and at www.sedar.com.

Reader Advisories

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.

FOR FURTHER INFORMATION PLEASE CONTACT:

Contact:

Strategic Oil & Gas Ltd.
Gurpreet Sawhney, MBA, MSc., PEng.
President and CEO
403.767.2949
403.767.9122 (FAX)

Strategic Oil & Gas Ltd.
Aaron Thompson, CA
Chief Financial Officer
403.767.2952
403.767.9122 (FAX)
www.sogoil.com
5/7/2014