

For Immediate Release
TSX: TUI

True Energy Announces Filing of its Reserves Information

Calgary, AB, March, 4, 2005 – True Energy Inc. (“True” or the “Company”) is pleased to announce that it has filed its Statement of Reserves Data, which includes True’s reserves data and other oil and gas information for the period ended December 31, 2004, and the reports as mandated by National Instrument 51-101 Standards of Disclosure for Oil and Gas Activities of the Canadian Securities Administrators. Copies of True’s 2004 Statement of Reserves Data and other disclosure documents may be obtained at www.sedar.com or by emailing the Company at general.info@trueenergy.ab.ca.

True Energy Inc. is a Calgary-based oil and natural gas exploration and development company. The Company’s shares trade on the Toronto Stock Exchange under the symbol TUI.

For further information, please contact:

Paul R. Baay, President & CEO, (403) 750-1272

or

Joan E. Dunne, Vice President, Finance & CFO, (403) 750-1262

or

Scott Koyich, Investor Relations, (403) 750-2428

True Energy Inc.

2300, 530 – 8th Avenue S.W., Calgary, AB T2P 3S8

Tel: (403) 266-8670

Fax: (403) 264-8163

Internet: www.trueenergy.ca