



**NXT ENERGY SOLUTIONS ADVISES OF
FILING OF Q1-2016 RESULTS**

CALGARY, ALBERTA, May 16, 2016 - NXT Energy Solutions Inc. ("NXT Energy" or the "Company") (TSX-V:SFD; OTCQB:NSFDF) advises that its interim financial and operating results for the three month quarter ended March 31, 2016 ("Q1-2016") have been filed in Canada on SEDAR at www.sedar.com, and will be available in the USA on EDGAR at www.sec.gov/edgar, and on NXT's website at <http://www.nxtenergy.com/>.

A condensed summary from the Q1-2016 interim consolidated financial statements, with comparative figures for the three month period ended March 31, 2015 ("Q1-2015") is given below.

George Liszicasz, NXT Energy's President and CEO, noted "our current Q1 included the completion and delivery of the final portion of our 2015 Bolivia survey projects to our client, YPFB. We are very proud to have added valuable information to their current exploration programs, and look forward to upcoming discussions to design potential new SFD® survey project opportunities in Bolivia for YPFB and its affiliated companies."

NXT Energy advises that it will host a brief investor and media conference call, hosted by George Liszicasz, on Tuesday May 17, 2016 at 2:10 pm MST (4:10 pm EST), to discuss the Q1-2016 results, and recent business development initiatives. Interested parties are invited to participate in this call, using one of the applicable numbers as follows:

Conference Code: 12645891

Operator assisted, toll-free, dial-in number:

Canada & USA	1-855-336-7594
International	1-682-888-5377

Highlights of unaudited Q1 Interim Financial Results

All selected and referenced financial information should be read in conjunction with the Company's unaudited interim consolidated financial statements and the related management's discussion and analysis ("MD&A") for the Q1-2016 period. Amortization expense for Q1-16 includes \$421,000 related to the Intellectual Property asset which was acquired in 2015.

(unaudited - all in Canadian \$)	Q1-2016	Q1-2015
Survey revenues	1,454,988	\$ -
Survey expenses, net	789,379	25,440
General & administrative expenses	1,255,609	1,124,562
	2,044,988	1,150,002
Non-cash expenses		
Amortization expense	514,258	15,525
Stock based compensation expense	150,000	194,000
	664,258	209,525
Foreign exchange and other expenses, net	425,687	158,645
Total expenses	3,134,933	1,518,172
Loss before income taxes	1,679,945	1,518,172
Income tax expense	275,997	-
Net loss for the period	1,955,942	1,518,172
Net loss per common share – Basic and diluted	(0.04)	(0.03)

<u>(unaudited - all in Canadian \$)</u>	<u>Q1-2016</u>	<u>Q1-2015</u>
# of common shares outstanding as at end of the period	53,306,109	44,965,509
Weighted average # of common shares outstanding for the period		
Basic and diluted	53,306,109	44,960,695
Cash provided by (used in):		
Operating activities:		
Net loss for the period	(1,955,942)	(1,518,172)
<u>Add back non-cash items, net</u>	<u>664,028</u>	<u>209,525</u>
	(1,291,914)	(1,308,647)
<u>Net change in non-cash working capital balances</u>	<u>(277,768)</u>	<u>(146,982)</u>
Net cash (used in) operating activities	(1,569,682)	(1,455,629)
Financing activities	(8,353)	5,066
<u>Investing activities</u>	<u>(107,686)</u>	<u>1,568,846</u>
Net cash inflow	(1,685,721)	118,283
<u>Cash and cash equivalents, start of the period</u>	<u>7,085,803</u>	<u>50,635</u>
<u>Cash and cash equivalents, end of the period</u>	<u>5,400,082</u>	<u>168,918</u>
Total cash and short-term investments position:		
Cash and cash equivalents	5,400,082	168,918
<u>Short-term investments</u>	<u>2,059,567</u>	<u>3,550,289</u>
<u>Total cash and short-term investments</u>	<u>7,459,649</u>	<u>3,719,207</u>
<u>Net working capital balance</u>	<u>6,189,825</u>	<u>3,671,137</u>

NXT Energy is a Calgary based company whose proprietary Stress Field Detection ("SFD®") survey system utilizes quantum-scale sensors to detect gravity field perturbations in an airborne survey method which can be used both onshore and offshore to remotely identify areas with exploration potential for traps and reservoirs. The SFD® survey system enables our clients to focus their hydrocarbon exploration decisions concerning land commitments, data acquisition expenditures and prospect prioritization on areas with the greatest potential. SFD® is environmentally friendly and unaffected by ground security issues or difficult terrain, and is the registered trademark of NXT Energy Solutions Inc. NXT Energy provides its clients with an effective and reliable method to reduce time, costs, and risks related to exploration.

Forward-Looking Statements

This news release may include forward-looking statements. When used in this document, words such as "intends", "plans", "anticipates", "expects" and "scheduled", are forward-looking statements. Forward-looking statements are subject to a wide range of risks and uncertainties, and although the Company believes that the expectations represented by such forward-looking statements are reasonable, there can be no assurance that such expectations will be realized. Any number of factors can cause actual results to differ materially from those in the forward-looking statements. Risk factors facing NXT Energy are described in its most recent MD&A for the year ended December 31, 2015 which has been filed electronically by means of the System for Electronic Document Analysis and Retrieval ("SEDAR") located at www.sedar.com. Such forward-looking statements are made as at the date of this news release, and the Company assumes no obligation to update or revise them, either publicly or otherwise, to reflect new events, information or circumstances, except as may be required under applicable securities law.

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