



PRESS RELEASE

Navina Income and Growth Fund Announces September Distribution

September 21, 2010: Navina Income and Growth Fund announces its distribution for the month ending September 2010 of \$0.0400 for each outstanding unit. Distributions are payable on October 15, 2010 to unitholders of record on September 30, 2010.

For further information, please call Catherine Stretch, Navina Asset Management Inc. at 1-866-404-4999 or visit www.navinaasset.com.

This press release is not for dissemination in the United States or for distribution to U.S. news wire services.