AMERICAN HELIUM INC.
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American Helium Announces Proposed Share Consolidation

VANCOUVER, CANADA – (June 19, 2019) – American Helium Inc. (the "Company" or "American Helium") (TSX.V: AHE) (OTC: AHELF) (XFRA: 43UB) Mr. Craig Auringer, CEO, announces that the Company will proceed with an alteration to its share structure by consolidating all of the Company's issued and outstanding common shares on the basis of one (1) new common share for ten (10) old common shares. The share consolidation will reduce the 38,525,177 shares of the Company currently issued and outstanding to approximately 3,852,517. No fractional shares will be issued. Any fraction of a share will be rounded down to the nearest whole number of common shares. The above share consolidation is subject to TSX Venture Exchange approval and will be effected upon receipt of such approval.

Management believes that the share consolidation is necessary to provide the Company with a share structure that will better attract capital financing and that will provide for future growth opportunities.

On behalf of the Board,

"Craig Auringer"

Craig Auringer, CEO

Contact

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