

Helio: Three Additional Retention Licences Granted at the SMP Gold Project, Tanzania

TSX-V Trading Symbol: HRC

VANCOUVER, May 14, 2014 /CNW/ - Helio Resource Corp. (TSX-V: HRC), ("Helio" or the "Company") is pleased to announce that three more of its licences within the SMP Gold Project have been converted into Retention Licences. The Company was notified that PL2963, PL2964 and PL2965, which cover the Porcupine Resource Area, the colonial period Gap and Kwaheri mines, and numerous other exploration targets, have been approved for conversion into Retention Licences. For the exact location of the licences refer to the link presented here: <http://www.helioresource.com>.

A Retention Licence ("RL") is the stepping stone between a Prospecting Licence and a Mining Licence. The RLs are valid for a period of 5 years and allow the Company to advance the project to a production decision. On March 25, Helio announced the successful conversion of the Saza Licence, which covers the Kenge Resource Area, into an RL.

Richard Williams, CEO of Helio stated: "This is another significant step in the development of the SMP project. As mentioned previously, Helio now has security of tenure through the pre-feasibility / feasibility stage for the two Resource Areas on the project, and shareholders / investors can see that the licence conversion process works. It is very encouraging to know that the Tanzanian government is fully supportive of our activities to date."

This is also a positive development for the region, which currently has one gold mine in production. Shanta Gold, a UK listed gold miner, commissioned the New Luika Mine in 2012, and produced 64,000 ounces of gold in 2013. Guidance for 2014 is for production of 80,000 ounces of gold at a cash cost of \$750 / ounce. The New Luika mine is located 5km west of the Kenge Resource Area (please refer to the map presented here: <http://www.helioresource.com>).

Chris MacKenzie, M.Sc., C.Geol., Helio's COO and a Qualified Person as designated by NI 43-101, has reviewed and approved the contents of this news release.

About the SMP Gold Project

The SMP Gold Project covers a 238km² area in the Lupa Goldfield, SW Tanzania.

On February 3, 2014 the Company released a new resource calculation from the Kenge and Porcupine Resource Areas focussing on the higher grade aspect of the project. At a 1g/t cut off, the resource reported 9.44Mt grading 2.1g/t gold (628,000 ounces) in the Indicated category and a further 3.62Mt grading 1.5g/t gold Inferred (180,000 ounces). The resource work also looked at higher grade ounces with the potential for underground mining - at a 3g/t cut-off the Indicated Resource reported 2.05Mt grading 5g/t gold Indicated (332,000 ounces) and 0.09Mt grading 5.21g/t Au Inferred (16,000 ounces).

Metallurgical testwork indicated recoveries of up to 96% using a gravity and cyanidation process - see <http://www.helioresource.com/s/TechnicalReports.asp> for all technical reports.

About Helio Resource Corp.

Helio Resource Corp. is a resource company focused on advancing the 100% owned SMP Gold Project in Tanzania to a production decision, and outlining the resource potential at the DGP Gold Project in Namibia.

ON BEHALF OF THE BOARD OF DIRECTORS HELIO

<i>"Richard D. Williams"</i>	<i>"Chris MacKenzie"</i>
Richard D. Williams, P. Geo	Christopher J. MacKenzie, C. Geol.
CEO	COO

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