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VMS ANNOUNCES SILVER AND GOLD RESULTS FROM ITS REED LAKE DISCOVERY NEAR SNOW LAKE, MANITOBA

Vancouver, B.C., February 25, 2009. VMS Ventures Inc. (TSX-V: VMS) (the “Company”) is pleased to announce silver and gold assay results for core samples from drill holes RD-08-25 and RD-08-36 to RD-08-61. These precious metal results had not been received when the copper and zinc values were published. Significant gold and silver assays are summarized in the table below. Today’s precious metal assays are presented on the Company’s website at http://www.vmsventures.com/discovery_zone_nr.asp#charts2.

The highest silver and gold assays reported today are from drillhole RD-08-57, which intersected the A lense mineralization. The A lense is interpreted to be debris flow material derived from a yet to be identified sulphide mound. Assay values for the B lense mineralization are similar to those intersected in holes RD-08-40 and RD-08-55. They are generally lower in both silver and gold, with sporadic higher values of greater than 5 g/t Ag and greater than 1g/t Au.

GOLD AND SILVER ASSAYS FOR HOLES RD-08-40, RD-08-57 and RD-08-55*

HOLE ID	FROM (m)	TO (m)	LENGTH (m)	Ag (g/t)	Au (g/t)
RD-08-57	116.33	118.37	2.04	18.10	1.22
RD-08-40	286.11	286.81	0.70	0.09	1.46
RD-08-55	147.41	209.37	61.96	7.90	0.29
inc	148.94	169.77	20.83	11.40	0.54
inc	161.34	168.49	7.15	18.00	0.70

*True Thickness Unknown

George Gale, VP Exploration states “The silver and gold values are consistent with our understanding of the deposit. The A lense tends to have much higher Ag and Au than the B lense. This observation provides additional evidence for our interpretation of the A lense as originating from a sulphide mound, or the core of the mineralizing system, which has not yet been discovered. The B lense occurs as high-grade copper mobilizate derived from the same source as the A lense. This mobilizate at the Discovery Zone is interpreted to have been produced by elevated temperature and pressure associated with a nearby mafic intrusion.”

Historically, the average gold and silver grades of deposits in the Flin Flon – Snow Lake belt approximate 2 g/t Au and 30 g/t Ag. At the Discovery Zone, the lower silver and gold grades, the high-grade copper mobilizate and textures observed in drill core indicate the mineralization has been displaced from its original depositional site. The more typical gold and silver grades for the belt and additional copper and zinc are likely to be found at the origin of the mineralization.

All technical information in this release has been reviewed by Dr. George Gale, P.Eng, who is the Qualified Person for the Company and Vice President, VMS Ventures Inc.

VMS Ventures Inc. currently has a profile on Corebox.net which is updated as soon as assay results are released. The link to visit our Corebox profile is:

http://www.corebox.net/properties/reed_lake/

Investors are invited to visit the VMS Ventures IR Hub at <http://www.agoracom.com/IR/VMSVentures> where they can post questions and receive answers or review questions and answers already posted by other investors. Alternatively, investors are able to e-mail all questions and correspondence to VMS@agoracom.com where they can also request to be added to the investor e-mail list to receive all future press releases and updates in real time.

VMS Ventures Inc. is focused primarily on acquiring, exploring and developing copper-zinc properties in the Flin Flon-Snow Lake VMS Belt. The Company also holds the largest land package considered prospective for nickel-copper mineralization at Lynn Lake, which is to date Canada's third largest nickel producing camp. The Company's project portfolio consists of the Snow Lake VMS project, the Lynn Lake Gabbros nickel-copper project, the Nickel Belt project, the South Bay nickel-copper-cobalt PGE property, and the Eden Lake Carbonatite Complex, Specialty Metals property. All VMS Ventures Inc. properties are located in the mining friendly province of Manitoba, Canada.

ON BEHALF OF THE BOARD OF DIRECTORS

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