



VMS VENTURES INC.
301 – 260 W. Esplanade
North Vancouver, B.C.
V7M 3G7

Tel: (604) 986-2020
Fax: (604) 986-2021
Toll Free: 1-866-816-0118
www.vmsventures.com

VMS REPORTS 10.36% COPPER OVER 33.46 METRES IN DEEPEST INTERCEPT TO DATE AT REED LAKE, MANITOBA

Vancouver, B.C., July 3, 2008. VMS Ventures Inc. (TSX.V: VMS) (the “Company”) is pleased to report on its ongoing exploration program at the Reed Lake Discovery Zone near Snow Lake, Manitoba.

Reed Lake Drill Hole Highlights:

- **RD-08-38 Intersects 35.81 metres (117.49ft) of 2.22% Copper Including 12.10 metres (39.70ft) of 2.92% Copper**
- **RD-08-39 Intersects 13.88 metres (45.54ft) of 3.56% Copper Including 4.10 metres (13.45ft) of 7.67% Copper**
- **RD-08-41 Intersects 33.46 metres (109.78ft) of 10.36% Copper Including 18.08 metres (56.04ft) of 13.03% Copper Including 5.00 metres (16.40ft) of 16.30% Copper**

Dr. George Gale, VP Exploration comments, “The results from drill hole RD-08-41 indicate that there are very high-grade copper sections to this deposit. It is also noteworthy that this is the deepest intersection of mineralization to date at approximately 350 m from surface. The high-grade copper zones may represent a copper-rich footwall zone that is stratigraphically below the solid sulphide lens. This intersection is one of several high-grade copper zones intersected to date that require more detailed drilling to determine true thickness.”

Short copper-zinc mineralized intervals are present in RD-08-25, RD-08-40 and RD-08-42, which represent areas of shearing that displaced most of the mineralized section. Similar displaced sections exist in other drill holes, such as RD-08-15.

Drill holes RD-08-42 (see Table 1 below) to 47 and RD-08-49 intersected both altered footwall and hanging wall rocks but no significant intervals of sulphide. These holes and a detailed logging of previous drill holes have increased our understanding and modeling of the deposit. Hole RD-08-42 entered a near vertical shear above the targeted depth and deviated away from the target.

Holes RD-08-48 and RD-08-50 were positioned to test copper rich intersections of mineralization to the southwest in hole RD-08-38. Hole RD-08-50 intersected 15 metres of Near Solid Sulphide (NSS), which extends the NSS lens to the SW. Drill hole RD-08-48 intersected extensive, weakly altered footwall rocks but did not reach the target depth.

Drilling continues at the Discovery Zone and at the Tower Zone and results will be released as received.

**TABLE ONE
REED LAKE DRILL HOLES***

HOLE ID	FROM (m)	TO (m)	INTERVAL* (m)	COPPER (%)	ZINC (%)	SILVER (g/t)	GOLD (g/t)
RD-08-38	229.65	266.44	35.81	2.22	0.06	Pending	Pending
including	244.55	256.61	12.10	2.92	0.08	Pending	Pending
RD-08-39	189.58	203.46	13.88	3.56	0.49	Pending	Pending
including	196.32	200.42	4.10	7.67	1.84	Pending	Pending
RD-08-41	332.14	365.60	33.46	10.36	0.11	Pending	Pending
including	346.92	365.00	18.08	13.80	0.15	Pending	Pending
including	355.00	360.00	5.00	16.30	0.14	Pending	Pending
RD-08-25	124.55	127.38	2.83	0.85	5.14	Pending	Pending
RD-08-40	286.11	286.81	0.70	1.78	1.48	Pending	Pending
RD-08-42	473.61	474.06	0.45	0.82	0.04	Pending	Pending

**True Thickness Unknown*

All technical information in this release was reviewed by Dr. George Gale, P.Eng the Qualified Person for VMS Ventures Inc. Samples are prepared and analyzed at Activation Laboratories, Ancaster, Ontario using acid digest assay analytical methods.

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 a 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

John Roozendaal, B.Sc.
President, Director

For further information contact:

Keith Patey, Director of Communications
Telephone: 604-986-2020
Toll free: 1-866-816-0118 or visit the website
at www.vmsventures.com

Coal Harbor Communications
Dale Paruk
Telephone: 604-662-4505
Toll Free: 1-877-642-6200

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this news release.