



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

RD-08-36 contains 81.07 m of 3.54% Copper and RD-08-41 intersects 22.74 m of NSS at 360 m below surface at Reed Lake Discovery Zone

Vancouver, B.C., May 22, 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.

Highlights:

RD-08-36 81.07 m (265.97 ft) of 3.54% Cu and 0.26% Zn

Including 36.58 m (120.01 ft) of 5.64% Cu and 0.13% Zn

Including 18.99 m (62.30 ft) of 7.10% Cu and 0.17% Zn

(Au & Ag assays pending)

RD-08-38: 72.11 m (97.54 ft) of Sulphide Veinlets

RD-08-39: 14.42 m (47.34 ft) of Near Solid Sulphide

RD-08-41: 33.83 m (110.99 ft) of Near Solid Sulphide and Sulphide Veinlets

Including 18.73 m (61.45 ft) of Near Solid Sulphide

Dr. George Gale states: "The intercept in RD-08-41 extends the mineralization to a total depth of approximately 360 m below surface. In the three previous phases of drilling, mineralization was to a depth of approximately 180 m. As well, RD-08-39 intersected NSS from 188.92 m to 203.34 m, thereby extending the NSS an additional 45 m west of the RD-08-35 intersection, previously the furthest west interval of mineralization. RD-08-40, designed to intersect the sulphide body 37 m below RD-08-39, intersected a fault with a 0.75 m section of NSS. This extends the NSS section in the Main lense at its widest part to a width of 170 m."

Dr. Gale continues: "The mineralization intersected in RD-08-41 consists primarily of chalcopyrite and pyrrhotite and is considered a zone of mobilized material that resembles the material intersected in RD-08-36. The absence of a thick black chlorite section also suggests that this is still not the centre of this particular VMS mineralizing system."

The first four holes in the Phase Four drill program, RD-08-38 through RD-08-41, were drilled from the same setup, but at different azimuths. This also served as the location for holes RD-08-23 and RD-08-35. Holes RD-08-39 and RD-08-40 are of particular interest because they extend

the Main Zone both to the west and considerably down dip. Hole RD-08-41 was drilled at a dip of minus 80 degrees and intersected chalcopyrite veinlets and near solid sulphide (NSS) intervals between 332.13 m and 365.60 m. This hole extends the mineralization for approximately 70 m below the section of chalcopyrite and pyrrhotite veinlets intersected in RD-08-38.

**TABLE I
DRILL HOLES
ASSAYS FOR RD-08-36**

DRILL HOLE	FROM (m)	TO (m)	INT*	Cu %	Zn %	Ag g/t	Au g/t
RD-08-36	133.20	214.27	81.07	3.54	0.26	Pending	Pending
inc	169.77	206.35	36.58	5.64	0.13	Pending	Pending
inc	187.36	206.35	18.99	7.10	0.17	Pending	Pending

* True Thickness unknown

**TABLE II
DESCRIPTION OF MINERALIZED INTERVALS
RD-08-38, 39 and 41**

DRILL HOLE	FROM (m)	TO (m)	INT*	MINERALIZATION DESCRIPTION
RD-08-38	198.25	270.36	72.11	Sulphide Veinlets
RD-08-39	188.92	203.34	14.42	Near Solid Sulphide
RD-08-41	332.13	365.96	33.83	Near Solid Sulphide and Veinlets
inc	332.13	336.14	4.01	Near Solid Sulphide
inc	346.92	365.65	18.73	Near Solid Sulphide

* True thickness unknown

The Company has now received the preliminary results of its 2008 VTEM airborne survey, and the results of the DEEPEM program. The data collection for the ground magnetic survey is also complete. The collection of field data for the gravity survey is complete for this phase, though additional survey lines are being planned to extend the coverage area in the coming weeks.

At this time, one drill continues testing the depth extent of mineralization at the western edges of the Discovery Zone and a second drill is now in place testing geophysical anomalies located near the alteration zone discovered at the Tower Zone, 1,000 m to the east. The third drill is expected to commence drilling early next week and is planned to begin testing the extent of Discovery Zone mineralization to the East and to depth.

All technical information in this release has been reviewed by the Qualified Person, Dr. George Gale, P.Eng. 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, 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.