

Middlefield Announces Increases to Mutual Fund Distribution Rates

Middlefield Group is pleased to announce the following distribution increases for the funds listed below. The new distribution amounts will take effect for unitholders of record as of April 29, 2019. The distribution increases are supported primarily by dividend growth and a covered call strategy which enhances portfolio income and reduces portfolio volatility.

<i>Fund</i>	<i>Series</i>	<i>Current Monthly Distribution per Share/Unit</i>	<i>New Monthly Distribution per Share/Unit</i>
High Yield Class	A	None	\$0.09
	F	None	\$0.09
Global Dividend Growers Class	A	\$0.03	\$0.05
	F	\$0.03	\$0.05
Income Plus Class	A	\$0.07	\$0.075
	F	\$0.07	\$0.075
Real Estate Class	A	\$0.05	\$0.06
	F	\$0.05	\$0.06
U.S. Dividend Growers Class	A	\$0.025	\$0.04
	F	\$0.025	\$0.04
Global Healthcare Dividend Fund *	A	\$0.027	\$0.04
	F	\$0.027	\$0.04

* Global Healthcare Dividend Fund currently has a quarterly distribution of \$0.08 per unit, which is approximately \$0.027 paid monthly. The distribution frequency will change to monthly beginning in the second quarter of 2019.

Middlefield Group

Formed in 1979, Middlefield creates and manages specialized investment products for individual and institutional investors and has assets under management of approximately \$4 billion. Investment products include mutual funds, exchange-traded funds, closed-end funds, private and public resource funds, real estate funds and a venture capital fund.

For further information, please visit our website at www.middlefield.com or contact Nancy Tham or Michael Bury in our Sales and Marketing Department at 1.888.890.1868.

This press release contains forward-looking information. The forward-looking information contained in this press release is based on historical information concerning distributions and dividends paid on the securities of issuers historically included in the portfolio of the Funds. Actual future results, including the amount of distributions paid by the Funds, may differ from the monthly distribution amount. Specifically, the income from which distributions are paid may vary significantly due to: changes in portfolio composition; changes in distributions and dividends paid by issuers of securities included in the Funds' portfolios from time to time; there being no assurance that those issuers will pay distributions or dividends on their securities; the declaration of distributions and dividends by issuers of securities included in the portfolio will generally depend upon various factors, including the financial condition of each issuer and general economic and stock market conditions; the level of borrowing by the Fund; and the uncertainty of realizing capital gains. The risks, uncertainties and other factors that could influence actual results are described under "Risk Factors" in the Funds' prospectus and other documents filed by the Funds with the Canadian securities regulatory authorities. The forward-looking information contained in this press release constitutes the Funds current estimate, as of the date of this press release, with respect to the matters covered hereby. Investors and others should not assume that any forward-looking statement contained in this press release represents the Funds estimate as of any date other than the date of this press release.