

ALLIED

ALLIED PROPERTIES REAL ESTATE INVESTMENT TRUST ANNOUNCES MAY DISTRIBUTION

Toronto, May 16, 2016 - Allied Properties REIT (TSX:"AP.UN") announced today that the Trustees of the REIT have declared a distribution of \$0.125 per unit for the month of May 2016, representing \$1.50 per unit on an annualized basis. The distribution will be payable on June 15, 2016, to unitholders of record as at May 31, 2016.

Allied Properties REIT is a leading owner, manager and developer of urban office environments that enrich experience and enhance profitability for business tenants operating in Canada's major cities. Its objectives are to provide stable and growing cash distributions to unitholders and to maximize unitholder value through effective management and accretive portfolio growth.

FOR FURTHER INFORMATION, PLEASE CONTACT:

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