ALLIED

Allied Announces September 2022 Distribution

TORONTO, SEPTEMBER 15, 2022

Allied Properties REIT ("Allied") (TSX:AP.UN) announced today that the Trustees of Allied have declared a distribution of $0.1458 per unit for the month of September 2022, representing $1.75 per unit on an annualized basis. The distribution will be payable on October 17, 2022, to unitholders of record as at September 30, 2022.

ABOUT ALLIED

Allied is a leading operator of distinctive urban workspace in Canada's major cities and network-dense UDC space in Toronto. Allied's mission is to provide knowledge-based organizations with workspace and UDC space that is sustainable and conducive to human wellness, creativity, connectivity and diversity. Allied's vision is to make a continuous contribution to cities and culture that elevates and inspires the humanity in all people.

FOR FURTHER INFORMATION, PLEASE CONTACT:

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