

November 17, 2017

U.S. Energy Corp. Regains Full Compliance with Nasdaq Listing Standards

DENVER, Nov. 17, 2017 (GLOBE NEWSWIRE) -- **U.S. Energy Corp.** (NASDAQ:USEG) (the "Company") announced that on November 15, 2017, the Company received a notification letter from The Nasdaq Stock Market LLC ("Nasdaq") indicating that Nasdaq has determined that the Company has regained compliance with the minimum bid price rule, as required by Nasdaq's decision dated November 3, 2017, and is in compliance with other applicable requirements as set forth in the decision and required for listing on The Nasdaq Stock Market. Accordingly, Nasdaq has determined to continue the listing of the Company's securities on Nasdaq and is closing this matter.

David Veltri, U.S. Energy's Chief Executive Officer, stated, "We are happy to have achieved the listing standard requirement and regained our full listing rights on the Nasdaq Capital Market. This is the result of the hard work and successful results the Company has achieved during the past year to improve our financial condition and prepare us for growth opportunities in 2018. As U.S. Energy has met the necessary continued listing requirements prior to the previously announced upcoming special meeting, we do not anticipate at this time implementing a reverse split of the Company's stock."

About U.S. Energy Corp.

We are an independent energy company focused on the lease acquisition and development of oil and gas producing properties in the continental United States. Our business is currently focused in the Williston Basin of North Dakota and South Texas. We continue to focus on increasing production, reserves, and cash flow from operations while pro-actively managing our debt levels. More information about U.S. Energy Corp. can be found at www.usnrg.com.

Forward-Looking Statements

This press release may include "forward-looking statements" within the meaning of the securities laws. All statements other than statements of historical facts included herein may constitute forward-looking statements. Forward-looking statements in this document may include statements regarding the Company's expectations regarding the Company's operational, exploration and development plans; expectations regarding the nature and amount of the Company's reserves; and expectations regarding production, revenues, cash flows and recoveries. When used in this press release, the words "will," "potential," "believe," "estimate," "intend," "expect," "may," "should," "anticipate," "could," "plan," "predict," "project," "profile," "model," or their negatives, other similar expressions or the statements that include those words, are intended to identify forward-looking statements, although not all forward-looking statements contain such identifying words. Such statements are subject to a number of assumptions, risks and uncertainties, many of which are beyond the control of the Company, which may cause actual results to differ materially from those implied or expressed by the forward-looking statements. Factors that could cause or contribute to such differences include, but are not limited to, fluctuations in oil and natural gas prices, uncertainties inherent in estimating quantities of oil and natural gas reserves and projecting future rates of production and timing of development activities, competition, operating risks, acquisition risks, liquidity and capital requirements, the effects of governmental regulation, adverse changes in the market for the Company's oil and natural gas production, dependence upon third-party vendors, and other risks detailed in the Company's periodic report filings with the Securities and Exchange Commission.

Corporate Contact:

U.S. Energy Corp.
Ryan Smith
Chief Financial Officer
(303) 993-3200
www.usnrg.com

Source: U.S. Energy Corp.

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