



Labrador Iron Mines Holdings Limited

NEWS RELEASE

Labrador Iron Mines will hold its Annual Shareholders Meeting Tuesday, September 15, 2009 at 4:15p.m. at the TMX Gallery

TORONTO, ONTARIO. September 9, 2009. Labrador Iron Mines Holdings Limited (TSX: LIM) will be holding its Annual and Special meeting of shareholders at the TMX Broadcast Centre Gallery, First Canadian Place, 130 King Street West, Main Floor, Toronto, Ontario on Tuesday, September 15, 2009 at 4:15 p.m. (Toronto time).

John F. Kearney, Chairman & CEO will present an overview of the Company's activities and advancements towards the start of production planned for the summer of 2010. When in production, Labrador Iron Mines Schefferville iron ore project in Western Labrador will be the first major "direct shipping" operation in Canada in almost three decades.

About Labrador Iron Mines Holdings Limited

Labrador Iron Mines Holdings Limited was established to develop direct shipping iron ore deposits on properties in which it holds interests in the Labrador Trough, Canada's main iron ore producing region, in the province of Newfoundland and Labrador near Schefferville, Quebec. The Company's properties are part of the historic Schefferville area iron ore district from which over 150 million tons of direct shipping iron ore was previously mined by the Iron Ore Company of Canada from 1954 to 1982. Labrador Iron Mines is working to reactivate direct shipping iron ore operations in the region with plans to commence production in the summer of 2010.

For further information, please view the Company's website at www.labradorironmines.ca or contact:

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