



ADAMS NATURAL RESOURCES FUND, INC. is providing the following information, pursuant to Section 19 of the Investment Company Act of 1940, to its shareholders in connection with the payment of a distribution on December 23, 2016 attributable in part to capital gains, rather than solely to net investment income.

The enclosed distribution, payable to holders of record as of November 25, 2016, has been made from the following sources:

\$.16	per share paid from undistributed net investment income earned during 2016
<u>.68</u>	per share paid from undistributed long-term capital gains realized during 2016
<u><u>\$.84</u></u>	total

Shareholders should note that all of the amounts above should be reported in their federal income tax return for calendar year 2016.

ADAMS NATURAL RESOURCES FUND, INC.

Lawrence L. Hooper, Jr.

Vice President, General Counsel and Secretary