



**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 21, 2018 attributable in part to capital gains and return of capital, rather than solely to net investment income.

The enclosed distribution, payable to holders of record as of November 26, 2018, has been made from the following sources:

\$ .17	per share paid from undistributed net investment income earned during 2018
.35	per share paid from undistributed long-term capital gains realized during 2018
<u>.35</u>	per share paid from return of capital
<u><u>\$.87</u></u>	total

This does not currently represent information for tax reporting purposes. The actual composition of the distributions may change based on the Fund's investment activity through December 31, 2018. Shareholders will be notified regarding the components of all distributions for the year and the related tax treatment via Form 1099-DIV in early 2019.

**ADAMS NATURAL RESOURCES FUND, INC.**

Janis F. Kerns  
General Counsel & Secretary