Puma VCT VII plc 27 March 2014

Puma VCT VII plc ("the Company")

As at the close of business on 28 February 2014, the estimated Net Asset Value per ordinary share ("NAV per share") of the Company was 76.91p. This represents a decrease of 0.3 per cent on the NAV per share at 31 January 2014. The estimated fully diluted NAV per share was 76.91p. Cumulative dividends paid to date were 15.00p.