Puma VCT VII plc 23 April 2014

Puma VCT VII plc ("the Company")

As at the close of business on 31 March 2014, the estimated Net Asset Value per ordinary share ("NAV per share") of the Company was 77.07p. This represents an increase of 0.2 per cent on the NAV per share at 28 February 2014. The estimated fully diluted NAV per share was 77.07p. Cumulative dividends paid to date were 15.00p.