

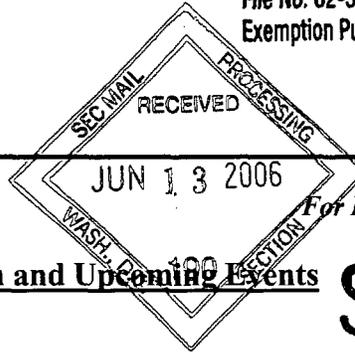


Superior Plus



06015133

Superior Plus Income Fund
File No. 82-34838
Exemption Pursuant to Rule 12g3-2(b)



NEWS

TSX: SPF.UN

For Immediate Release

July 2006 Cash Distribution and Upcoming Events

SUPPL

July 2006 Cash Distribution – \$0.13 per Trust Unit

Calgary, July 6, 2006...Superior Plus Income Fund (the "Fund") today announced its cash distribution for the month of July 2006 of \$0.13 (13.0 cents) per trust unit payable on August 15, 2006. The record date is July 31, 2006 and the ex-distribution date will be July 27, 2006. The Fund's current annualized cash distribution rate is \$1.56 per trust unit.

For income tax purposes, the income from the July 2006 cash distribution of \$0.13 per trust unit is considered to be "other income".

A summary of cash distributions since inception and tax information is posted under the Investor Information section of Superior's website at: www.superiorplus.com.

Upcoming Release of 2006 Second Quarter Results and Conference Call

The Fund expects to release its 2006 second quarter results on August 10, 2006. A conference call and webcast for investors, analysts, brokers and media representatives to discuss the 2006 second quarter results is scheduled for 10:30 am EST (8:30 am MST) on Friday, August 11, 2006. To participate in the call, dial: 1-800-814-4861. A recording of the call will be available for replay until midnight, August 18, 2006. To access the recording, dial: 1-877-289-8525 and enter the pass code: 21195399 followed by the # key. Internet users can listen to the call live, or as an archived call, on Superior's website at www.superiorplus.com under the "Events and Presentations" section.

About Superior Plus and the Fund

The Fund holds 100% of Superior Plus Inc., which has five operating divisions: *Superior Propane* is Canada's largest distributor of propane, related products and services; *ERCO Worldwide* is a leading supplier of chemicals and technology to the pulp and paper and water treatment industries and the third largest producer of potassium products in North America; *JW Aluminum* is a leading manufacturer of specialty, flat-rolled aluminum products in the United States; *Winroc* is the seventh largest distributor of walls and ceilings construction products in North America; and *Superior Energy Management* provides fixed price natural gas supply services in Ontario and Quebec.

The Fund's trust units and convertible debentures trade on the Toronto Stock Exchange (the "TSX") as follows:

Trading Symbol	Security	Issued and Outstanding
SPF.un	Trust Units	85.5 million
SPF.db	8% Debentures, Series 1	\$ 8.1 million principal amount
SPF.db.a	8% Debentures, Series 2	\$ 59.0 million principal amount
SPF.db.b	5.75% Debentures	\$174.9 million principal amount
SPF.db.c	5.85% Debentures	\$ 75.0 million principal amount

For further information about Superior Plus, please visit our website at: www.superiorplus.com or contact:

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