

Integrity Viking Funds

2018 Year-End Capital Gain Estimates

Preliminary capital gains distribution estimates (shown as a per share amount) are based on each fund's portfolio at a point in time and are subject to change prior to each fund's actual distribution. Estimates do not include ordinary income distributions a fund may be making, although net short-term capital gain distributions are generally taxable as ordinary income and are reported as Ordinary Dividends on Form 1099-DIV.

Tax returns should not be prepared based on this information. Shareholders should contact their tax advisors for information regarding the federal and state income taxation of capital gain distributions on their personal tax situations.

Based on information as of November 14th, 2018, Integrity Viking Funds listed are projected to make a capital gain distribution as indicated. All other Integrity Viking Funds are not projected to make a capital gain distribution at this time.

Key dates for the year-end distributions

Record date	Ex-dividend date	Reinvestment date	Payment date
December 26, 2018	December 27, 2018	December 27, 2018	December 30, 2018

Capital Gain Estimates (per share) as of November 14th, 2018

Fund Name	STCG	LTCG	Total
Integrity Dividend Harvest Fund Class A (ticker: IDIVX, cusip: 45890C754) Class C (ticker: IDHCX, cusip: 45890C721) Class I (ticker: IDHIX, cusip: 45890C655)	\$0.05 to \$0.15	\$0.75 to \$0.85	\$0.80 to \$1.00
Integrity Energized Dividend Fund Class A (ticker: NRGDX, cusip: 45890C713) Class C (ticker: NRGUX, cusip: 45890C697) Class I (ticker: NRIX, cusip: 45890C648)	\$0.25 to \$0.35	\$0.15 to \$0.25	\$0.40 to \$0.60
Integrity Growth & Income Fund Class A (ticker: IGIAX, cusip: 45890C846) Class C (ticker: IGIUX, cusip: 45890C739) Class I (ticker: IGIVX, cusip: 45890C671)	\$0.20 to \$0.30	\$2.70 to \$2.80	\$2.90 to \$3.10

Integrity Viking Funds are sold by prospectus only. An investor should consider the investment objectives, risks, and charges and expenses of a fund carefully before investing. The prospectus contains this and other information about the Funds. You may obtain a prospectus at no cost from your financial adviser or at www.integrityvikingfunds.com. Please read the prospectus carefully before investing.

Integrity Viking Funds, regardless of performance, distribute to shareholders any net realized gains from the sale of individual securities in their portfolios. Distributions are made to those who are registered shareholders of the fund on the record date. Distributions are paid on the payment date. All dates and distributions are subject to board approval. Distributions will vary depending on the funds' income and any net gains realized from the sale of securities in the funds' portfolio. Past distributions are not indicative of future trends.