



“FSY” TSX “F2T” Frankfurt “FSY” NSX

Shares Outstanding: 78,985,231

FORSYS METALS CORP ADDED TO THE S&P/TSX GLOBAL MINING INDEX

FOR IMMEDIATE RELEASE: SEPTEMBER 17, 2009

Forsys Metals Corp (“Forsys” or the “Company”) is pleased to announce that Standard and Poor has added Forsys to the S&P/TSX Global Mining Index effective September 21, 2009.

The TSX listed companies in the S&P/TSX Global Mining Index comprise approximately 70% of the market capitalization for all companies listed on the TSX. Standard and Poor is a leading provider of financial market intelligence.

About Forsys Metals Corp

Forsys Metals Corp, having BEE sponsorship, is an emerging uranium producer with 100% ownership in the fully permitted Valencia Uranium Project. With an expanding reserve base, production is expected to commence in 2011 with a 15 year life of mine. Current NI 43-101 compliant reserves at Valencia are 51.4 Mlbs U₃O₈ and current Measured and Indicated resources are 70 Mlbs U₃O₈ with a further 11 Mlbs Inferred U₃O₈. Additional infill drilling is currently underway and is designed to bring the Inferred category resources into the Indicated category so they can be incorporated into a future reserve update. The Company also has an extensive portfolio of uranium exploration projects totaling over 252,000 ha located in Namibia, Africa, a politically stable and mining friendly jurisdiction.

On Behalf of the Board of Directors
of Forsys Metals Corp

Duane Parnham
President and CEO

For further information visit our website at www.forsysmetals.com
Sedar Profile #00008536

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(09-19)

Forward-Looking Information

This news release contains projections and forward looking information that involve various risks and uncertainties regarding future events. Such forward looking information can include without limitation statements based on current expectations involving a number of risks and uncertainties and are not guarantees of future performance of the Corporation. These risks and uncertainties could cause actual results and the Corporation's plans and objectives to differ materially from those expressed in the forward looking information. Actual results and future events could differ materially from anticipated in such information. These and all subsequent written and oral forward looking information are based on estimates and opinions of management on the dates they are made and expressed qualified in their entirety by this notice. The Corporation assumes no obligation to update forward looking information should circumstances or management's estimates or opinions change.

The Toronto Stock Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release.