

SEPTEMBER 24, 2014

IMPORTANT INFORMATION REGARDING DISTRIBUTIONS DECLARED AUGUST 27, 2014, PAYABLE ON SEPTEMBER 24, 2014 TO HOLDERS OF RECORD AS OF SEPTEMBER 10, 2014

DISTRIBUTION NOTICE – Pursuant to Section 19(a) of the Investment Company Act of 1940, as amended, we are providing Triangle Capital Corporation's (the "Company") stockholders of record as of September 10, 2014 with an estimate of the source of the Company's distributions declared on August 27, 2014. THIS NOTICE IS FOR INFORMATIONAL PURPOSES ONLY. NO ACTION IS REQUIRED ON YOUR PART. These estimates may, and likely will, vary over time based on the investment activities of the Company and changes in the value of our portfolio investments. The final determination of the source and tax characteristics of all distributions will be made after December 31, 2014 and reported to you on Form 1099-DIV early in 2015.

The Company estimates that the regular quarterly distribution of \$0.54 per share payable on September 24, 2014 is comprised 61% of net long-term capital gains and 39% of ordinary income.

The Company estimates that the additional distribution of \$0.05 per share payable on September 24, 2014 is comprised 100% of net long-term capital gains.