

The BlackRock Energy and Resources Trust, BGR, is a perpetual closed-end equity fund. BGR commenced operations in December 2004 with the investment objective of providing total return through a combination of current income and capital appreciation. Under normal market conditions, the Trust will invest at least 80% of its total assets in the equity securities of energy and natural resources companies and equity derivatives with exposure to the energy and natural resources industry. Companies in the energy and natural resources industry include those companies involved in the exploration, production or distribution of energy or natural resources, such as gas, oil, metals and minerals as well as related transportation companies and equipment manufacturers.

KEY FACTS

Size of Fund (Millions)	\$418.1M
Managed Assets	\$418.1M
Share Class Launch Date	12/23/2004
Asset Class	Equity
Morningstar Category	Equity Energy
Lipper Classification	Natural Resources Funds
NAV Per Share	15.22
Share Price	13.25
Premium/Discount	-12.94%
Number of Holdings	30
Dividend Frequency	Monthly
Distribution Rate**	5.95%

Managed Assets means the total assets of the Trust (including any assets attributable to leverage) minus the sum of accrued liabilities (other than debt representing financial leverage). Distribution Rate is calculated by annualizing the most recent distribution and dividing by the fund's market price from the as-of-date.

TOP HOLDINGS (%)

EXXON MOBIL CORP	17.06
SHELL PLC	10.55
CHEVRON CORP	7.57
BP PLC	6.69
CONOCOPHILLIPS	6.13
MARATHON PETROLEUM CORP	4.43
CANADIAN NATURAL	
RESOURCES LTD	4.31
TOTALENERGIES SE	4.16
HESS CORP	4.12
WILLIAMS COMPANIES INC	3.71
Total of Portfolio	68.73

* Based on Net Assets, cash position not shown.

DISTRIBUTION HISTORY

Ex-Date	Total Distribution
03/14/24	0.0657
02/14/24	0.0657
01/11/24	0.0657
12/14/23	0.0657
11/14/23	0.0657
10/13/23	0.0657

Past distributions are not indicative of future distributions. **Distributions may include a return of capital. Please refer to the "Tax Information" section of the BlackRock website for Section 19 notices that provide estimated amounts and sources of the fund's distributions, which should not be relied upon for tax reporting purposes.

GROWTH OF A HYPOTHETICAL \$10,000



The chart illustrates the growth of a hypothetical \$10,000 investment in the fund's common shares based on market price beginning on the date noted with all distributions reinvested. Ending value as of the date at the top of this document.

Performance does not reflect sales charges or fees that may be incurred. **Past performance is no guarantee of future results.**

HISTORICAL PREMIUM/DISCOUNT



Premium-discount graph illustrates the amount by which the market price trades above or below net asset value.

PERFORMANCE

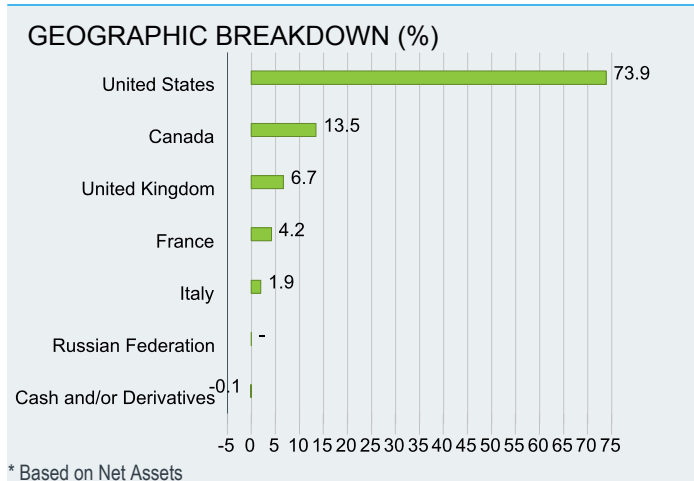
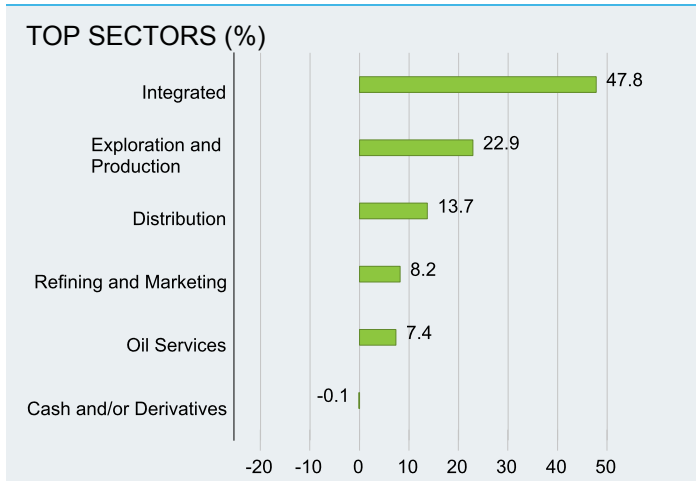
	1 Year	3 Year	5 Year	10 Year	Since Inception
Net Asset Value	18.20%	23.76%	9.42%	1.72%	5.85%
Market Price	16.02%	20.56%	8.62%	1.46%	4.85%

Returns for less than one year are not annualized. **Performance data quoted represents past performance of common shares and does not guarantee future results. Investment return and principal value of an investment will fluctuate so that an investor's shares may be worth more or less than the original cost. The fund's market price and net asset value will fluctuate with market conditions. All return data assumes reinvestment of all distributions. Current performance may be lower or higher than the performance data quoted. For more information, please refer to www.blackrock.com.** Returns are shown net of advisory fees paid by the fund and net of the fund's operating fees and expenses. Investors who purchase shares of the fund through an investment adviser or other financial professional may separately pay a fee to that service provider. **Past performance is not indicative of future results.** If a Fund estimates that it has distributed more than its income and net realized capital gains in the current fiscal year; a portion of its distribution may be a return of capital. A return of capital may occur, for example, when some or all of a shareholder's investment is paid back to the shareholder. A return of capital distribution does not necessarily reflect a Fund's investment performance and should not be confused with 'yield' or 'income'. When distributions exceed total return performance, the difference will reduce the Fund's net asset value per share. Although the character of income will not be determined until the end of the fund's fiscal year, please refer to the 'Closed-End Fund Resources' section of the BlackRock website for Section 19 notices that provide estimated amounts and sources of the fund's distributions, which should not be relied upon for tax reporting purposes. A Form 1099-DIV for the calendar year will be sent to shareholders to illustrate how the Fund's distributions should be reported for federal income tax purposes.

PERFORMANCE

1 Year	3 Year	5 Year	10 Year	Since Inception
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The figures shown relate to past performance. Past performance is not a reliable indicator of current or future performance and should not be the sole factor of consideration when selecting a product or strategy. Share Class and Benchmark performance displayed in USD, hedged share class benchmark performance is displayed in USD. Performance is shown on a Net Asset Value (NAV) basis, with gross income reinvested where applicable. The return of your investment may increase or decrease as a result of currency fluctuations if your investment is made in a currency other than that used in the past performance calculation. **Source:** BlackRock

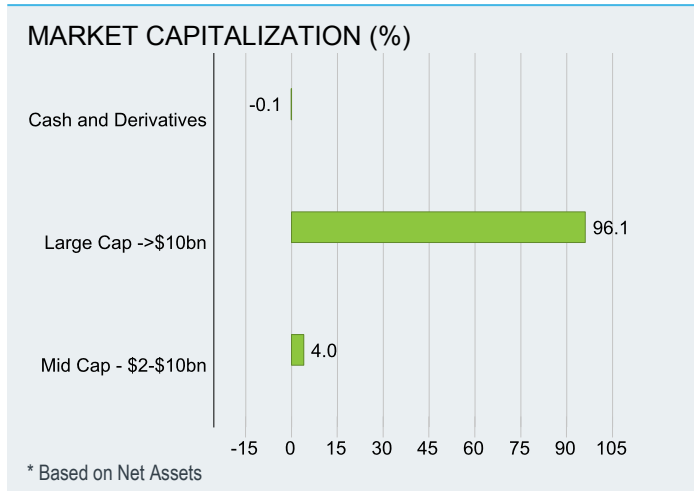


PORTFOLIO CHARACTERISTICS

Average Market Capitalization (millions)	\$166,903.0M
Type Of Options	Single Stock
Percentage Of Portfolio Overwritten	32.67%

ANNUAL EXPENSES

Gross Expense Ratio	1.29%
Management Fee	1.20%



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You should consider the investment objectives, risks, charges and expenses of the fund carefully before investing. The prospectus and, if available, the summary prospectus contain this and other information about the fund and are available, along with information on other BlackRock funds, by calling 800-882-0052 or from your financial professional. The prospectus should be read carefully before investing. Investing involves risks including possible loss of principal.

All information and data, including portfolio holdings and performance characteristics, is as of the date at the top of this document, unless otherwise noted, and is subject to change. Note that closed-end funds often trade at a discount to NAV but may trade at a premium. Investments in the natural resources industries can be significantly affected by events relating to those industries such as variations in the commodities markets, weather, disease, embargoes, international, political and economic developments, the success of exploration projects, tax and other government regulations, as well as other factors. International investing involves risks, including risks related to foreign currency, limited liquidity, less government regulation and the possibility of substantial volatility due to adverse political, economic or other developments. Investing in derivatives entails specific risks that may reduce returns and/or increase volatility. The options strategy of the Fund entails certain risks. Negative weightings may result from specific circumstances (including timing differences between trade and settle dates of securities purchased by the funds) and/or the use of certain financial instruments, including derivatives, which may be used to gain or reduce market exposure and/or risk management. Certain transactions the funds may utilize may give rise to a form of leverage through either (a) additional market exposure or (b) borrowing capital in an attempt to increase investment return. The use of such transactions includes certain leverage-related risks, including potential for higher volatility, greater decline of the fund's net asset value and fluctuations of dividends and distributions paid by the fund. General market and credit risks. Debt instruments are subject to credit and interest rate risks. Credit risk refers to the likelihood that an obligor will default in the payment of principal or interest on an instrument. Financial strength and solvency of an obligor are the primary factors influencing credit risk. In addition, lack or inadequacy of collateral or credit enhancement for a debt instrument may affect its credit risk. Credit risk may change over the life of an instrument and debt instrument that are rated by rating agencies are often reviewed and may be subject to downgrade. Interest rate risk refers to the risks associated with market changes in interest rates. Interest rate changes may affect the value of a debt instrument indirectly (especially in the case of fixed rate obligations or directly (especially in the case of instrument whose rates are adjustable). In general, rising interest rates will negatively impact the process of a fixed rate debt instrument and falling interest rates will have a positive effect on price. Adjustable rate instruments also react to interest rate changes in a similar manner although generally to a lesser degree (depending, however, on the characteristics of the reset terms, including the index chosen, frequency of reset and reset caps or floors, among other factors).

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Not FDIC Insured - No Bank Guarantee - May Lose Value

BGR-FS-0324

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GLOSSARY

Average Market Cap: The average size of the securities the fund invests in.

Distribution Rate: Distribution Rate is calculated by dividing the last distribution per share (annualized) by market price.

Type of Options: Type of options written to enhance portfolio returns

Percentage Portfolio Overwritten: Under normal market conditions, the Trust intends to write options with respect to approximately 30% to 40% of its net assets, although this percentage may vary over time with market conditions.