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NEWS RELEASE - For Immediate Release

NORTHERN SUPERIOR IDENTIFIES ADDITIONAL EXPLORATION TARGETS, GRIZZLY PROPERTY, WEST-CENTRAL QUEBEC

Sudbury, Ontario April 29, 2014 – **Northern Superior Resources Inc.** (SUP:TSX.V) (the “Company” or “Northern Superior”) is pleased to report that it has identified 4 additional exploration targets on its Grizzly Property, west-central Quebec (see Figure 1). “Lac Porphyre-Sud” and “Bras Pichamobi” represent volcanogenic massive sulphide (VMS) targets, “Ruisseau Daladier-Nord” represents a magmatic nickel-copper +/- platinum-group-element (Ni-Cu ± (PGE)) target, and “Lac Mahekan” target represents a shear-hosted gold-copper (Au-Cu) target (see Table 1).

Target Name	Size	Target	Commodity	Description
Bras Pichamobi	Regional	VMS	Zn-Ag-Cu-Au	Felsic lapilli tuff and porphyritic rhyolite w/ sericite-chlorite alteration, disseminated pyrite-pyrrhotite. Fuchsite alteration in an E-W shear zone.
Lac Porphyre-Sud	Regional	VMS	Zn-Ag-Cu-Au	14-DDH completed by Exploration Noranda Ltd, 1988 (GM49083) testing geophysical conductors within a felsic volcanic unit. Highlights: up to 6.5 g/t Ag over 23.5m in a zone of 50% pyrite, 1% pyrrhotite in a matrix of rhyolite (DDH LP-88-10 from 67.40 to 90.90m).
Lac Mahekan	Local	Shear-hosted Au-Cu	Au-Cu	Brecciated andesitic basalt with disseminated pyrite along a decimetric chert horizon.
Ruisseau Daladier-Nord	Regional	Magmatic Ni-Cu ± (PGE)	Ni-Cu ± (PGE)	Chip samples assayed upto 0.73 % Ni, 0.65% Cu, and 0.20% Co, associated with a zone of "blebs, massive, and disseminated pyrrhotite, chalcopyrite, pentlandite, and cobalt" from two showings approximately 300m apart located along strike at the contact between the gabbro and adjacent basalt. 6-DDH completed by Tomiska Copper Mines, 1957 (GM7521B), intersected up to 0.92% Ni, and 0.60% Cu over an interval of 10-feet (from 55 to 65 feet, in "Hole No.4", collared in, and drilled down-dip of mineralization to test extent at depth: averaging 0.61% Ni and 0.40% Cu over 75-feet (length of the hole), ending in mineralization). PGE potential has not been tested.

Table 1: Summary of additional targets identified on the Grizzly Property.

Two of the targets (**Bras Pichamobi (Zn-Ag-Cu-Au)** and **Lac Mahekan (Au-Cu)**) were defined during a geologic and structural mapping survey completed by the Ministère des Ressources naturelles (“MRN”) Québec and published in its report titled “New Mineral Exploration Targets: 2013 Geoscience Projects” (the “MRN Report”). An additional shear-hosted gold target, reported as the “**Icestorm Showing (Au)**” was identified in this report which corresponds to the “Grêlon Showing” that was discovered by Northern Superior during the first phase of exploration on the property in 2013 (see Press Release February 26, 2014).

The MRN Report highlights “new exploration targets of economic interest that were identified during its 2013 geoscience projects”. The Grizzly Property and surrounding area were part of a mapping and geologic compilation study completed by MRN geologist F. Leclerc “Mapping and compilation – Lac Lamarck area, Chapais-Chibougamau”. The MRN Report can be accessed from: <ftp://ftp.mrn.gouv.qc.ca/Public/Bibliointer/Perio/1025647/2013.pdf>

Two additional targets (**Lac Porphyre-Sud ((Zn-Ag-Cu-Au) and Ruisseau Daladier-Nord (Ni-Cu ± (PGE))**) were identified by Northern Superior from a historical data compilation exercise.

Dr. T.F. Morris President and CEO states: “The identification of these additional targets on the Grizzly Property demonstrates that favorable geologic and structural conditions exist to host multiple styles of mineralization that are common to other areas of the Chibougamau-Chapais camp. We look forward to advancing this project and are currently in the process of planning for the next phase of exploration”.

About Northern Superior Resources Inc.

The Grizzly property is one of four mineral properties that Northern Superior is currently exploring. The other three properties (Lac Surprise, Croteau Est and Ti-pa-kaa-haa-ning) also represent regional- scale exploration programs, either 100% owned and operated by Northern Superior or Northern Superior having the right to earn a 100% interest in the property. Exploration to date has identified numerous drill- ready targets for gold, copper and silver on the Ti-pa-kaa-haa-ning property of northwestern Ontario and gold on the Company’s Croteau Est and Lac Surprise properties in west- central Québec.

The Company’s Qualified Person (“QP”) for the Grizzly Property is Scott R.G. Parsons (M.Sc., MBA, P.Geo.). As the QP, Mr. Parsons has prepared or supervised the preparation of the scientific and technical information for this program and has verified the data disclosed in this press release.

Northern Superior is a reporting issuer in British Columbia, Alberta, Ontario and Quebec, and trades on the TSX Venture Exchange under the symbol SUP. For further information contact:

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For Investors

Forward looking statements: This news release includes certain “forward-looking information” within the meaning of Canadian securities legislation and “forward-looking statements” within the meaning of the United States Private Securities Litigation Reform Act or 1995 (collectively, “forward looking statements”). Forward looking statements include predictions, projections and forecasts and are often, but not always, identified by the use of words such as “seek”, “anticipate”, “believe”, “plan”, “estimate”, “forecast”, “expect”, “potential”, “project”, “target”, “schedule”, “budget” and “intend” and statements that an event or result “may”, “will”, “should”, “could” or “might” occur or be achieved or other similar expressions and includes the negatives thereof. All statements other than statements of historical fact included in this release, including, without limitation, statements regarding potential mineralization, exploration results, interpretation of results, the timing and success of exploration activities generally, the timing and results of future resource estimates, and future plans and objectives of Northern Superior

are forward-looking statements that involve various risks and uncertainties. There can be no assurance that such statements will prove to be accurate and actual results and future events could differ materially from those anticipated in such statements. Forward looking statements are based on a number of material factors and assumptions. Important factors that could cause actual results to differ materially from Northern Superior's expectations include exploration risks, changes in project parameters as plans continue to be refined, results of future resources estimates, future metal prices, availability of capital and financing on acceptable terms, general economic, market or business conditions, uninsured risks, regulatory changes, defects in title, availability of personnel, materials and equipment on a timely basis, accidents or equipment breakdowns, delays in receiving government approvals, unanticipated environmental impacts on operations and costs to remedy same, and other exploration or other risks detailed herein and from time to time in the filings made by the Company with securities regulators. Although the Company has attempted to identify important factors that could cause actual actions, events or results to differ from those described in forward looking statements, there may be other factors that cause such actions, events or results to differ materially from those anticipated. There can be no assurance that forward looking statements will prove to be accurate and accordingly readers are cautioned not to place undue reliance on forward looking statements.

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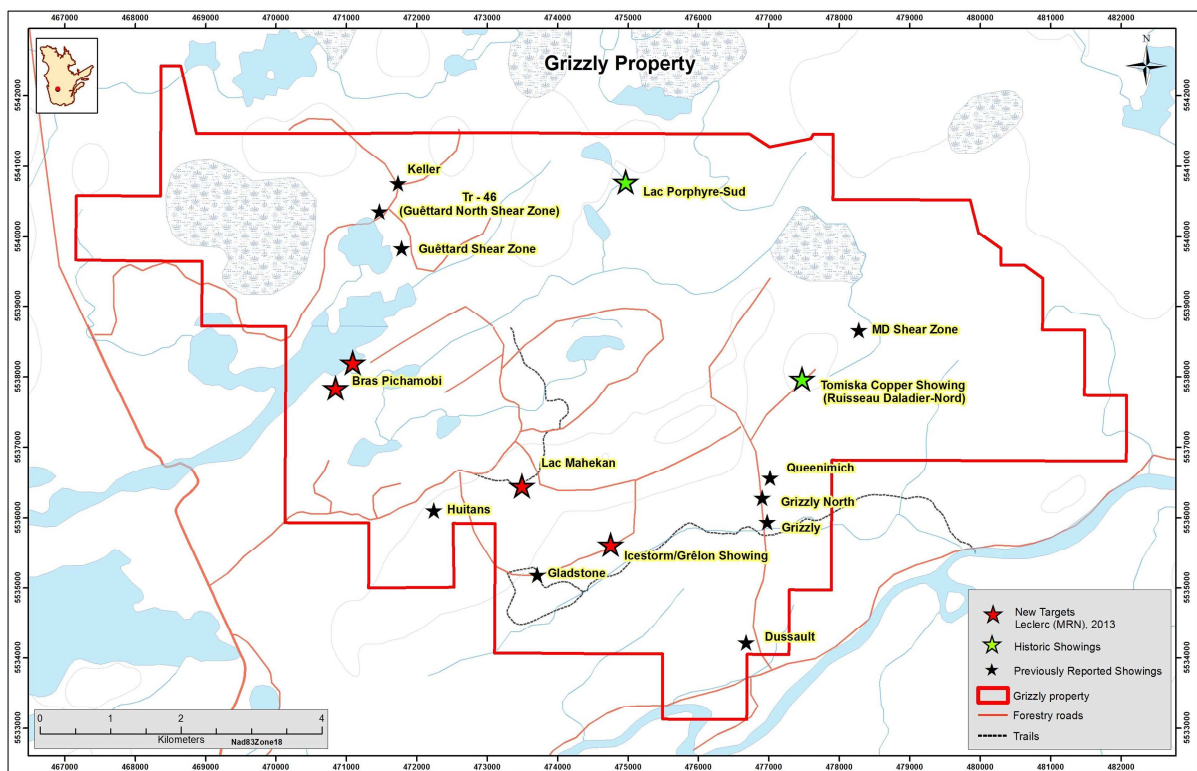


Figure 1 : Location of new targets, previously reported showings, and historic showings Grizzly Property, Quebec.