



NORTHERN SUPERIOR RESOURCES INC.

1351C Kelly Lake Road, Unit 7

Sudbury, Ontario, Canada

P3E 5P5

Tel: (705) 525- 0992

Fax: (705) 525- 7701

NEWS RELEASE - For Immediate Release

John Pollesel Joins Northern Superior's Board of Directors

Sudbury, Ontario, July 2, 2013. Northern Superior Resources Inc. (TSXV:SUP) (the "Company") is pleased to announce that John Pollesel, of Sudbury Ontario, has joined the Company's board of directors. Mr. Pollesel has more than 24 years of experience in the mining industry. He has been a member of several senior management and executive teams and has been responsible for strategic planning, developing governance models and leading organizational transformation. In his previous role of a Chief Operating Officer and Director for Vale's North Atlantic Operations, John was responsible for one of the largest mining and metallurgical operations in Canada. Prior to Vale, he was the Chief Financial Officer for a major mining company in Peru, responsible for executive management in one of the largest copper/zinc mining and milling operations in the world. He has chaired Finance, Audit and Advisory Committees in addition to holding Director positions with Not-for-Profit Foundations. He holds an Honours BA in Accounting and an MBA from the University of Waterloo and Laurentian University respectively. He is a Certified Management Accountant and a Fellow in the Society of Management Accountants of Canada.

Alan Moon, Chairman of the Company commented: "We are pleased to welcome Mr. Pollesel to the Company's Board of Directors. John's broad business experience will assist the Company in achieving value for our shareholders. In addition to his governance role his location in Sudbury will allow him to be a great resource to management. We look forward to his participation on the Board."

About Northern Superior Resources Inc.

Northern Superior is a well-funded junior exploration company exploring for gold in the Superior Province of the Canadian Shield. The Company is currently focused on exploring its Croteau Est property in Quebec. The Company has a number of 100% owned properties (see Company web site, www.nsuperior.com) in the Stull, Wunnumin and Chibougamau gold districts of Ontario and Québec.

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:

Thomas F. Morris PGeo., PhD., FGAC

President and CEO

Tel: (705) 525 -0992

Fax: (705) 525 -7701

e-mail: info@nsuperior.com

www.nsuperior.com

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 of 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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