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NEWS RELEASE - For Immediate Release

Northern Superior Intersects High Grade Gold Zones and Expands Croteau Est Gold Discovery, Quebec

Sudbury, Ontario (September 12, 2012) Northern Superior Resources Inc. (“Northern Superior” or the “Company”) announces that the Company has significantly expanded the Croteau Est alteration corridor and associated gold mineralization to 450 m below surface following the completion of a 7-hole, 3,075 m diamond drill program this summer. The alteration corridor that hosts the gold mineralization is approximately 1,000 m in length, 50 to 150 m in width and dips steeply to the south. The alteration corridor and associated gold mineralization remains open along strike in both directions and at depth.

Table 1: Gold assay highlights from holes CRO12-30 through 36.

Hole ID		Depth From (m)	Depth To (m)	Core Length (m)	Composite weighted average grade (g/t)	High Grade (>10 g/t) Sample Assays (g/t)	Comments
CRO12-30		203.60	206.00	2.40	1.71		
		397.00	400.80	3.80	1.33		
		403.00	405.00	2.00	2.07		
CRO12-31		315.50	334.00	18.50	2.03		
	Includes	320.00	333.00	13.00	2.61		
	Or	325.15	333.00	7.85	3.12		
		370.00	372.00	2.00	1.78		
		388.35	389.25	0.90	2.17		
CRO12-32		231.00	234.40	3.40	1.49		
		253.00	257.75	4.75	2.16		
	Includes	253.65	256.60	2.95	3.29		
		278.95	279.50	0.55	4.46		
CRO12-33		267.25	270.35	3.10	3.80		
CRO12-34		156.40	156.70	0.30	5.55		
		160.25	168.45	8.20	3.43		
	Includes	163.50	167.90	4.40	5.78		
	Includes	165.10	165.50	0.40		26.40	
		171.85	177.00	5.15	1.16		
		184.25	188.05	3.80	2.88		
		181.00	188.05	7.05	2.03		
		221.70	233.15	11.45	5.76		
	Includes	221.70	230.60	8.90	7.30		
	Or	225.00	230.60	5.60	10.84		
	Includes	226.00	226.60	0.60		69.30	Visible Gold Reported
	Includes	229.00	229.75	0.75		18.45	Visible Gold Reported
		236.00	250.15	14.15	3.29		
Includes	238.55	249.25	10.70	4.26			
Or	238.55	245.85	7.80	5.50			
Includes	245.40	245.85	0.45		57.90	Visible Gold Reported	
CRO12-35		353.00	353.40	0.40		49.40	
		367.00	370.00	3.00	1.36		
CRO12-36		528.95	549.75	20.80	1.32		
	Includes	540.25	549.75	9.50	2.43		
	Includes	549.00	549.75	0.75		14.70	
		558.75	560.75	2.00	1.52		
		558.00	566.00	8.00	1.51		
	Includes	563.00	566.00	3.00	2.45		
	584.60	586.25	1.65	1.41			

Note, Table 1: a) assays uncut; b) measured core lengths.

With the completion of this most recent drill program, the Company has now completed a total of 36 diamond drill holes (10,719 m) at Croteau Est. From these diamond drill programs and the other exploration activities completed this summer, the Company is confident in the significance of the drill defined alteration corridor and associated mineralized zones and as a result, has increased its exploration budget for the balance of 2012 by \$2.2 million to facilitate an accelerated exploration program. This program will include the mobilization of two diamond drill rigs that will complete an additional 8,000 to 10,000 m of diamond drilling this fall. The Company also intends to complete extensive overburden stripping over the known gold-bearing mineralized zones (Marco, Dede, Zone C and Zone D) to better define the distribution and grade of gold mineralization at surface for each of the four mineralized zones identified to date.

Dr. T.F. Morris President and CEO commented: “We are extremely excited with the lateral and vertical continuity of the gold-bearing zone that we have defined so early in our exploration program, and the obvious opportunity to expand this discovery going forward. The Croteau Est discovery opens up the potential and expands the western extension of the prolific Chibougamau-Chapais gold and base metal camp in west- central Québec. With the Company’s option agreement with Murgor Resources to acquire a 70% interest in the adjoining Waconichi gold property, Northern Superior has the ability to extend its property position to 20,920 hectares in this belt. We are hopeful that the Company’s 2012 exploration and expanded drilling programs will define additional exploration targets, and more discoveries in a low-cost, easily accessible, established exploration and mining community.”

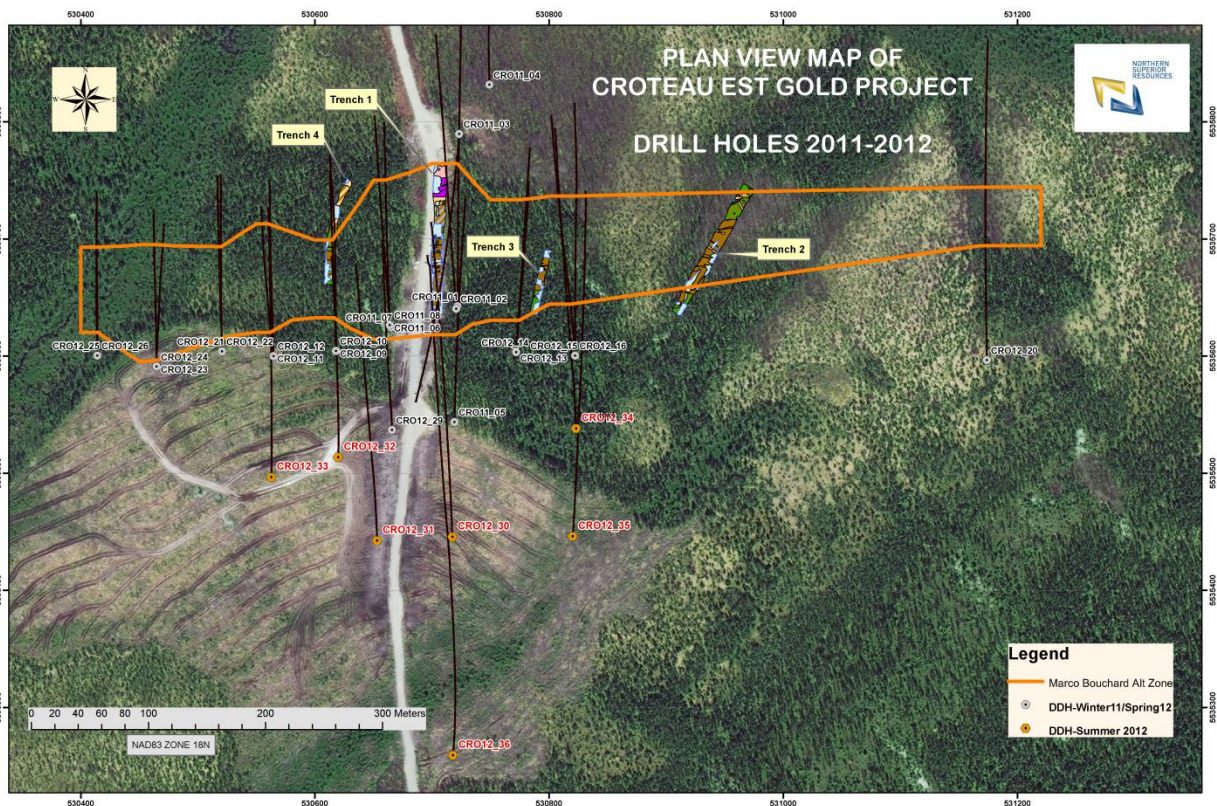


Figure 1: Plan view map of Croteau Est Gold Project, with drill hole collars and traces indicated. Outline of trenches 1-4 and the alteration corridor are also shown.

The Company’s Qualified Persons (“QP”) for the Croteau Est gold property are Donald Boucher, P.Geo., Michel LeBlanc, P.Geo. and Casey Hetman, P.Geo. As QP’s, Mr. Hetman, Mr. LeBlanc and Mr. Boucher have prepared or supervised the preparation of the scientific or technical information for this program and have verified the data disclosed in this press release. The Company has a rigorous QA/QC program

in place to ensure best practices in sampling and analysis of drill core. All drill core is marked for sampling and then split in half with a diamond saw blade. Samples are placed in sealed bags with security tags. All samples were assayed using a standard fire assay, 30 gram nominal aliquot weight with an AA finish. Over-limit samples were re-assayed with a gravimetric finish. Standards, blanks and duplicates are inserted every 25 samples. ALS Canada Ltd. performed the primary assaying with duplicates being analyzed at AGAT Laboratories. ALS Canada Ltd. and AGAT Laboratories implement independent QA/QC protocols that include the insertion of certified blanks and standards as part of their routine analysis.

About Northern Superior Resources Inc.

Northern Superior is a junior exploration company focused on exploring for gold in the Superior Province of the Canadian Shield. The Company is currently focused on exploring its adjoining Croteau Est/Waconichi gold properties 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 that were identified and developed from the Company's extensive geoscientific data base and from which additional gold exploration projects are being generated. The Company is currently seeking to option-out a number of these properties.

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 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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