



NORTHERN SUPERIOR RESOURCES INC.

1351C Kelly Lake Road
Sudbury, Ontario, Canada
P3E 5P5
Tel: (705) 525- 0992
Fax: (705) 525- 7701

NEWS RELEASE - For Immediate Release

Northern Superior Continues to Intersect High Grade Gold Zones, Further Expanding the Croteau Est Gold Discovery, Québec

Sudbury, Ontario (January 16, 2013) Northern Superior Resources Inc. ("Northern Superior" or the "Company") is pleased to report additional high grade gold intersections from the final seven (7) diamond drill holes of the Company's nineteen (19) hole 8,022 m 2012 Fall drill program (Figure 1, Table 1). The results from these final holes have extended the gold mineralized shear zone a further 200 m to the east and is now defined over a strike length of 850 m and to a depth of 525 m (vertical) and remains open along strike in both directions and at depth.

Dr. T.F. Morris President and CEO commented: "Since the Fall of 2011 (see press release, September 21, 2011) Northern Superior has reported a number of high grade gold intersections from channel sampling and from diamond drilling programs on the Croteau Est property (see press releases, December 10 and 19, 2011, January 3, June 11, September 12, November 8, 20, 2012). Although only 55 diamond drill holes have been completed on the property, a very clear picture is emerging regarding the distribution of gold mineralization associated with the Croteau-Bouchard Shear zone including several high-grade zones. With the success experienced from last years' exploration programs, the Company plans a focused exploration plan for both the Croteau Est and the adjoining Waconichi gold properties. The program will involve additional diamond drilling focused on expanding the high-grade shoots within the gold-bearing body and testing additional targets identified from last summers' overburden exploration programs. The Company has also planned a reverse circulation drill program with the intention of identifying additional targets on both properties."

The Company's Qualified Persons ("QP") for the Croteau Est gold property are Ron Avery, P.Geo. and Michel LeBlanc, P.Geo. As QP's, Mr. Avery and Mr. LeBlanc 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 by means of a rock saw equipped 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. High-gold samples were re-assayed with a gravimetric finish. Standards, blanks and duplicates are inserted into the sample sequence at the rate of one in every twenty five samples. ALS Canada Ltd. performed the primary assaying with duplicates analyzed at AGAT Laboratories in Sudbury. 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 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/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. These include the highly prospective Ti-paa-haa-ka-ning, New Growth and New Growth Annex properties in north-central Ontario.

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., ICD.D, 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 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.

Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

Figure 1: Location of all drillholes completed within the Croteau Est alteration corridor. The assay results reported in this press release are from holes with green collar symbols.

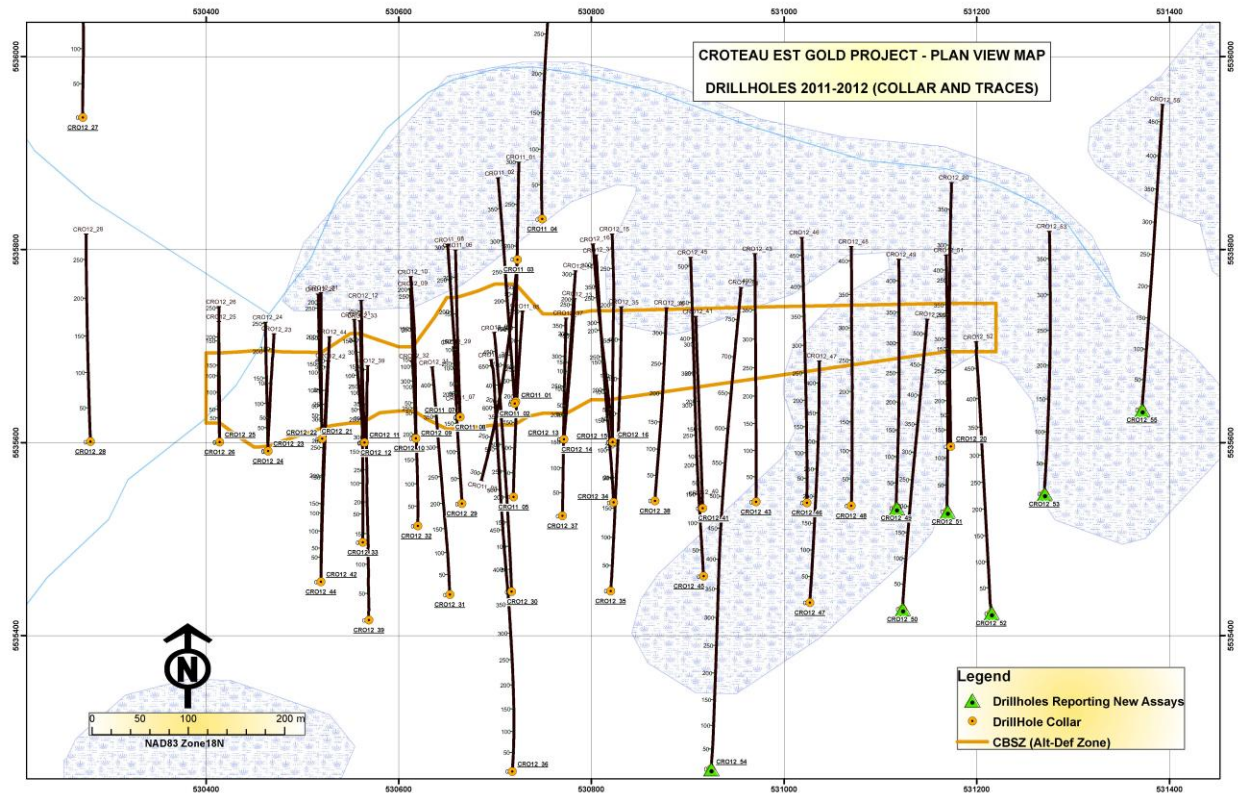


Table 1: Gold assay highlights from drill holes CRO12-49, CRO12-50, CRO12-51, CRO12-52, CRO12-53, CRO12-54 and CRO12-55.

Hole ID		Depth From (m)	Depth To (m)	Core Length (m)	Gold Composite Weighted Average (g/t - Au)
CRO12-49		270.40	273.00	2.60	9.522
	<i>including</i>	271.00	271.55	0.55	16.550
	<i>including</i>	272.40	273.00	0.60	23.500
		283.50	284.00	0.50	3.050
		313.35	314.00	0.65	9.050
		343.80	345.15	1.35	1.463
		355.40	356.00	0.60	1.095
CRO12-50		487.60	487.90	0.30	2.120
		494.20	497.20	3.00	2.646
CRO12-51		319.00	323.00	4.00	1.319
		333.00	336.00	3.00	0.946
		361.00	364.65	3.65	0.892
		375.90	377.30	1.40	1.323
CRO12-52	<i>no significant assays >0.30 g/t Au</i>				
CRO12-53		312.80	313.20	0.40	1.375
CRO12_54		537.20	540.90	3.70	2.400
		551.50	554.50	3.00	0.909
		589.60	589.90	0.30	1.070
		598.90	600.00	1.10	1.507
		660.00	662.00	2.00	1.368
		679.70	685.00	5.30	4.392
	<i>including</i>	680.70	681.80	1.10	12.077

		730.60	733.20	2.60	6.848
	<i>including</i>	731.20	732.20	1.00	14.625
CRO12_55		106.65	107.25	0.60	5.310

Notes:

1. *Samples presented above include all assays >1g/t Au.*
2. *Grades presented over multiple samples, include intersections defined using a 0.5g/t Au cutoff.*
3. *Core lengths represent the length along drill core, and are not true widths.*
4. *Sample results presented above are uncapped.*