



NORTHERN SUPERIOR RESOURCES INC.

1988 Kingsway, Unit G
Sudbury, Ontario, Canada
P3B 4J8
Tel: (705) 525- 0992
Fax: (705) 525- 7701

NEWS RELEASE - For Immediate Release

Northern Superior Resources Inc. Reports Sample From Mineralized Boulder Returns 12.60 g/t gold, 111 g/t silver, 4.05% copper New Growth Gold Property, Northwestern Ontario.

Sudbury, Ontario (September 14, 2011) **Northern Superior Resources Inc.** ("Northern Superior" or the "Company") is pleased to announce the recovery of a boulder that assayed **12.60 g/t gold, 111 g/t silver, and 4.05% copper**. This boulder was recovered during the Company's 2011 summer exploration program on its 100% owned New Growth gold property in Northwestern Ontario. This program was completed under a revised Early Exploration Benefits Agreement negotiated with Neskantaga First Nation and signed July 14th, 2011.

In addition, the 5 km long gold-bearing structure on the Company's adjacent Ti-pa-haa-kaa-ning gold property (see press release, December 13th, 2010) can be traced at least an additional 8 km northwest onto the New Growth property from a high resolution, low-elevation airborne geophysical survey completed this summer. The projected structure(s) pass through an area where the mineralized boulder was recovered and also where anomalously high gold grain-in-till values were identified from the Company's exploration program in 2008 (see press release, February 26th, 2009).

Dr. T.F. Morris, President and CEO of Northern Superior states, "The results thus far from our 2011 New Growth exploration project are very encouraging. The location of the mineralized boulder and the locations of structures identified from our geophysical survey will be coupled with gold grain and geochemical data derived from this summer's overburden sampling program. This information will be used to select gold targets which we expect to drill, commencing in the 4th quarter of 2011."

The 2011, 196-sample overburden heavy mineral and geochemical program, focused on defining the potential source(s) of anomalously high gold grain-in-till values recovered from the 2008 overburden sampling program. The distribution of these anomalous gold grain values define a feature referred to here as the Keely Lake Gold Grain Dispersal Corridor.

The reported mineralized boulder result is from one of 70 grab samples collected from the Property this summer. The most significant result was obtained from a 30+cm wide bornite-chalcopyrite bearing quartz vein hosted in a moderately to strongly sheared monzonite boulder with dimensions approximately 2.0m x 1.5m x 1.5m. The quartz vein returned values of **12.60 g/t gold, 111 g/t silver, and 4.05% copper**. The size and tabular shape of the boulder suggests that it was transported a short distance by glacial ice, and therefore located relatively proximal to the up-ice bedrock source.

The airborne, total field magnetic survey was completed over the property during the summer phase of exploration. The Company engaged the services of Tundra Airborne Surveys to complete a 3950 line km survey, using their Heli 3G, helicopter towed, 3 axis magnetic gradiometric system. The survey was flown at 30 metre height with line spacing set at 100 metres.

Northern Superior has been informed by its option partner, Rainy River Resources Inc. ("Rainy River") that the 2011 summer diamond drill exploration program on the Tip-pa-haa-kaa-ning gold property has been delayed. Reasons cited include personnel shortages and ongoing discussions with Neskantaga First Nation. However, Rainy River is confident that personnel shortages can be resolved and discussions with Neskantaga First Nation will be completed successfully in the near term. As such, Rainy River is planning to upgrade the drill camp this fall and anticipates commencing its diamond drill program in early January of 2012.

Meanwhile, Northern Superior has been aggressively exploring on its other gold exploration projects this summer. News flow regarding these programs will occur throughout the fourth quarter of 2011 as data is received and processed.

Quality Control

The Company's Qualified Person ("QP") for the New Growth property is Scott Parsons, M.Sc., P.Geo. As QP, Mr. Parsons has prepared or supervised the preparation of the scientific or technical information for the New Growth Exploration program and has verified the data disclosed in this press release.

About Northern Superior Resources Inc.

Northern Superior is a junior exploration company focused on exploring for gold and diamonds in the Superior Province of the Canadian Shield. The Company is actively exploring for gold within two important gold districts: the Stull-Wunnimun in Ontario and the Chibougamau in Quebec. The Company has a number of 100% owned properties (see Company web site, www.nsuperior.com) within these 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:

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

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