

Northern Superior Resources Inc.

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NEWS RELEASE - For Immediate Release

Northern Superior Issues Incentive Stock Options

Sudbury, Ontario (May 14, 2009): **Northern Superior Resources Inc.** (“Northern Superior” or the “Company”) disclosed in accordance with its obligations to the TSX Venture Exchange that it has granted incentive stock options to directors and officers to acquire an aggregate of 1,375,000 common shares. The options have an exercise price of \$0.105 per share. The shares vest in three equal portions on the first, second and third anniversaries of the grant, and expire on the fifth anniversary.

About Northern Superior

Northern Superior Resources Inc. is a junior exploration company whose focus is exploring for gold on the Superior Province of the Canadian Shield. The Company is a reporting issuer in British Columbia, Alberta, Ontario and Quebec, and trades on the TSX Venture Exchange under the symbol SUP.

The TSX Venture Exchange does not accept responsibility for the adequacy or accuracy of this release.

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