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NEWS RELEASE - For Immediate Release

NORTHERN SUPERIOR RESOURCES: SUMMER EXPLORATION PROGRAM EXPANDS GOLD POTENTIAL, CROTEAU EST GOLD PROPERTY, QUÉBEC.

Sudbury, Ontario, November 3, 2014 – Northern Superior Resources Inc. (SUP:TSX.V) (the “Company” or “Northern Superior”) is pleased to provide the following summary of the Company’s 2014 summer exploration program.

Highlights:

- 1) Exposing one of four high grade gold shoots within the gold mineralized Croteau- Bouchard shear zone (CBSZ), with the following distribution of gold mineralization (**See Figure 1**): a) two zones of > 10 g/ t Au, 2.5m x 2.0 m and 2.0m x 0.5m; b) enclosed by a halo of >5 g/ t Au, 7.0m x 2.5m; and c) enclosed by a halo of gold mineralization of >3 g/ t Au over an area of 8.0m x 3.0m.
- 2) Defined the extension of the large, gold- bearing alteration structural corridor associated with the CBSZ on the property for an additional 9.8 km to the east.

The location of the exposed high grade shoot in Trench 5 within the CBSZ was determined through projecting its up- plunge orientation to surface from core hole drilling intersections. The distribution of gold- mineralization within the shoot was determined from samples collected from a detailed grid of channels cut perpendicular to the trend (east- west) of the mineralization. This distribution does not include earlier grab samples of 52.8 g/t Au, 58.8 g/t Au and 68.7 g/t Au previously collected from the same zone (**See Figure 1 and Table 1**). Other characteristics of this shoot are summarized in **Table 2**. There are at least three other such shoots identified within the CBSZ from core drill programs with similar or better grade characteristics.

The Company previously reported significant gold mineralization in both trench and drill hole intersections within the CBSZ (see previous press releases). However, results from the 2014 reverse circulation drill program (see press release, May 7th, 2014) and follow-up summer mapping, prospecting and trenching programs on the property now indicate that the CBSZ is a part of a much larger gold-mineralized system.

The same structural and lithological components that are seen to control mineralization within the CBSZ have now been identified in the Target #2 (Trench 101), and Target #4 and #5 areas, 9.8 km east of the CBSZ (**See Figure 2 and Table 2**).

Interpretations of proprietary airborne geophysical and structural lineament data further tie the recent surface mapping and trenching results to the geophysical data, which extends a high degree of confidence to the continuity of structural zones on the property across areas where there is no outcrop or drill hole data.

It is important to note that the CBSZ shear-hosted, lode gold- bearing system, also remains open along strike and is an order of magnitude larger (120- 150m wide vs. 5- 20m wide) than similar alteration/gold mineralized systems reported (and mined) to date in the Chibougamau- Chapais mining camp.

Northern Superior has also defined the structural controls of the mineralized system, as well as the location of several potential new areas of mineralization, necessary to direct future drill programs on the property.

Mineralization within the CBSZ is generated by a combination of the following controls:

- a) Dilational zones generated by regional east- west shearing accompanied by reverse thrust faulting and isoclinal folding;
- b) Physio-chemical and rheological controls that exist within the CBSZ at the contact between a series of felsic to intermediate tuffaceous sediments and basalt and gabbroic rocks; and
- c) The presence of felsic intrusive dykes (feldspar porphyry dykes) that act as loci for high grade mineralization within the CBSZ as seen in Trench 05 and reported previously in drill holes testing the CBSZ.

Dr. T.F. Morris, president and CEO states: “We are very excited to have successfully exposed one of four high grade shoots identified so far within the CBSZ. With 50 metre collar spacing from a limited number of drill holes completed to date within the CBSZ (44-holes), the potential for more of these shoots certainly exists. As a result of the 2014 exploration program, we now have a comprehensive understanding of the structural controls that exist on the property and recognize that the CBSZ is a small part of a larger system, as evident from the extension of the shear zone associated with the CBSZ a further 9.8 kilometres to the east. The Company looks forward to completing the compilation of all geoscientific data to identify specific drill targets for future exploration in 2015.”

About Northern Superior

The Croteau Est property is one of four mineral properties that Northern Superior is actively exploring. The other three properties (Lac Surprise, Grizzly and TPK) also represent regional- scale exploration programs, either 100% owned and operated by Northern Superior, or Northern Superior having the right to earn a 100% interest in the properties. Exploration to date has identified numerous drill- ready targets for gold, copper and silver mineralization on the Ti-pa-kaa-haa-ning (TPK) property in northwestern Ontario, gold/ volcanic copper- zinc- silver and magmatic nickel- copper- platinum- palladium mineralization are targeted on the Grizzly property, and shear- hosted gold on the Company’s Lac Surprise property, both located in west- central Québec.

The Company’s Qualified Person (“QP”) for the Croteau Est property is Ron Avery (P.Geo.). As the QP, Mr. Avery has prepared or supervised the preparation of the scientific and technical information for this program and has verified the data disclosed in this press release.

Northern Superior is a reporting issuer in British Columbia, Alberta, Ontario and Québec, 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 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.

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TABLES 1 AND 2 – NOVEMBER 3, 2014 NEWS RELEASE

NORTHERN SUPERIOR RESOURCES: SUMMER EXPLORATION PROGRAM EXPANDS GOLD POTENTIAL, CROTEAU EST GOLD PROPERTY, QUÉBEC.

Table 1: Trench 05, CBSZ, Assay Highlights (see also: Figure 1).

Sample Number	Sample Type	Length(m)	Au_g/t final		Sample Number	Sample Type	Length(m)	Au_g/t final		Sample Number	Sample Type	Length(m)	Au_g/t final
N576518	channel	1.00	2.39		N576553	channel	0.90	0.214		N576584	channel	1.05	0.003
N576519	channel	1.00	2.92		N576554	channel	0.90	2.97*		N576585	channel	1.00	0.001
N576520	channel	0.75	0.121		N576555	channel	1.00	0.069		N576586	channel	1.05	0.001
N576522	channel	0.90	0.320		N576556	channel	0.65	0.383		P447612	channel	0.80	0.111
N576523	channel	1.00	17.4*		N576557	channel	1.25	3.37*		P447613	channel	0.90	0.248
N576524	channel	1.00	6.21*		N576558	channel	1.00	9.67*		P447614	channel	0.70	4.03*
N576525	channel	1.00	0.515		N576559	channel	1.00	0.208		P447615	channel	0.80	0.223
N576526	channel	0.85	3.19*		N576560	channel	1.00	0.018		P447626	channel	1.10	0.517
N576527	channel	1.00	0.437		N576561	channel	1.10	0.006		P447627	channel	1.10	0.011
N576528	channel	1.00	0.117		N576563	channel	0.70	0.002		P447628	channel	1.00	0.009
N576529	channel	1.00	4.11*		N576564	channel	0.65	0.053		P447638	channel	0.50	0.542
N576530	channel	1.00	0.346		N576565	channel	0.80	0.890		P447642	channel	0.75	0.015
N576531	channel	0.80	0.483		N576567	channel	1.00	1.07		P447643	channel	0.90	0.72**
N576532	channel	1.00	0.154		N576568	channel	0.85	0.014		P447644	channel	0.85	4.27**

N576533	channel	1.00	31.3*		N576569	channel	1.00	0.004		P447645	channel	0.85	3.74**
N576534	channel	1.00	13.55*		N576570	channel	1.20	1.31		P447646	channel	0.90	0.01
N576535	channel	1.00	0.355		N576572	channel	0.75	0.031		P447648	channel	1.00	0.007
N576537	channel	0.70	0.074		N576573	channel	0.85	4.66*		P447649	channel	0.85	<0.005
N576538	channel	0.60	1.89		N576574	channel	1.00	0.756		P447650	channel	0.80	0.006
N576539	channel	0.75	4.65*		N576575	channel	0.95	0.075		P447651	channel	0.55	0.327
N576540	channel	1.00	0.030		N576576	channel	0.95	0.004		P447652	channel	1.00	1.21
N576541	channel	1.05	0.148		N576577	channel	1.00	0.058		P447653	channel	0.70	0.115
N576547	channel	1.05	0.002		N576578	channel	1.00	0.014		P447655	channel	0.95	0.007
N576548	channel	0.40	0.482		N576579	channel	1.00	0.131		P447660	channel	0.90	6.64**
N576549	channel	1.00	2.32*		N576580	channel	1.00	0.027		P447678	grab	N/A	52.8*
N576550	channel	1.00	4.97*		N576582	channel	0.95	0.005		P447679	grab	N/A	68.7*
N576552	channel	1.10	0.616		N576583	channel	1.00	0.003		P447681	grab	N/A	58.8*

Table 2: Bedrock and Geochemical Characteristics of CBSZ Style Mineralization.

Croteau Est Prospect Area	Trench Location	Lithology	Average Channel Sample Assay: (g/t Au/m)	Ag ppm	As ppm	Bedrock Alteration
Croteau Bouchard Shear Zone	Trench 05	sheared quartz-feldspar porphyry dyke	6.26 g/t Au/3.9 m	3.19	84.0	ankerite-sericite-quartz-pyrite-chalcopyrite
			8.49 g/t Au/5.7 m	4.44	153.0	ankerite-sericite-quartz-pyrite-chalcopyrite
Target 2	Trench 101	sheared gabbro	0.57 g/t Au/1.0 m	0.29	1215.0	ankerite-fuchsite-hematite-quartz-sericite-pyrite
Target 5	Trench 103	sheared feldspar porphyry dyke	0.76 g/t Au/1.0 m	0.23	0.46	albite-quartz-carbonate-sericite-pyrite
	Trench 106	quartz feldspar porphyry dyke	0.044 g/t Au/1.0 m	0.01		albite-quartz-carbonate-pyrite
	Trench 109	sheared mudstone / felsic tuff	0.005 g/t Au/1.0 m	0.38	11.8	quartz-carbonate-sericite-pyrite
	Trench 110	protomylonitic tuff	0.017 g/t Au/1.0 m	0.04	8.7	ankerite-sericite-quartz-pyrite



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FIGURE 2 FOR NOVEMBER 3, 2014 NEWS RELEASE

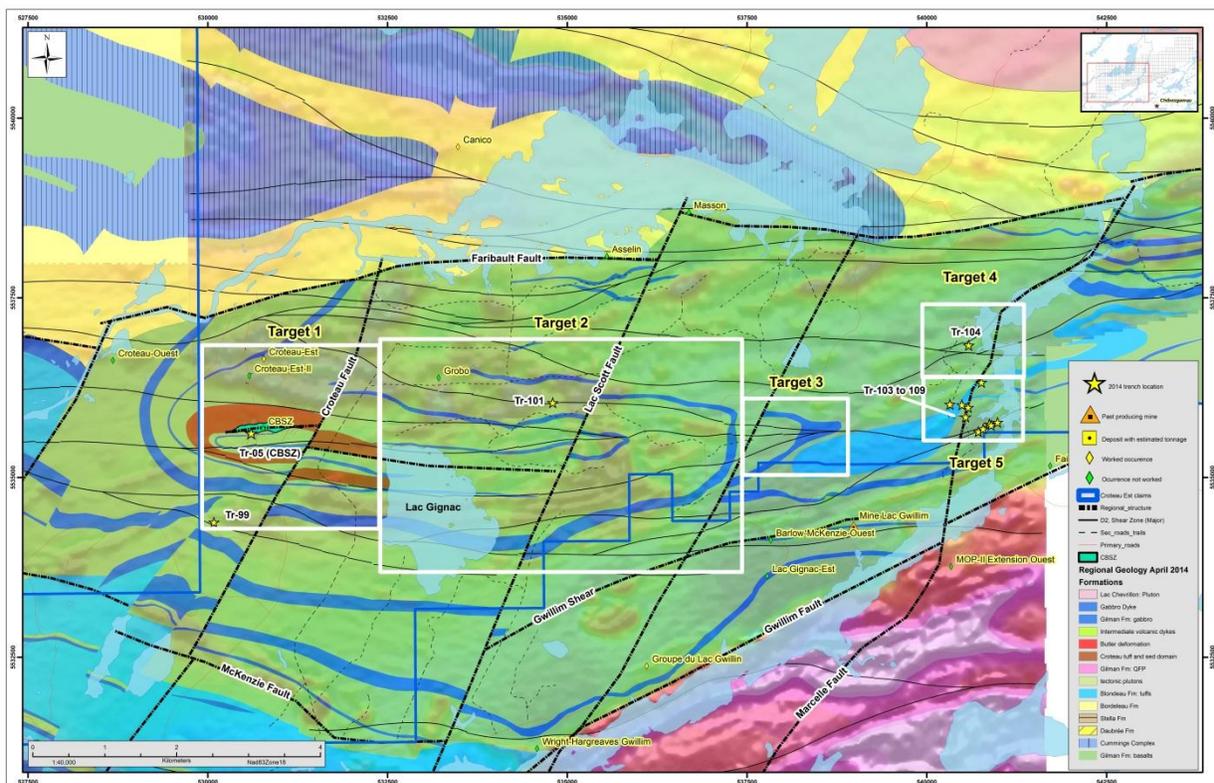


Figure 2. Target Area # 1, and location of the CBSZ and Trench 05, Target Area # 2 and location of Trench 101, and Target Area # 5 and location of Trenches 103 to 109.