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NEWS RELEASE - For Immediate Release

EXPLORATION PROGRAM INITIATED ON NORTHERN SUPERIOR'S LAC SURPRISE GOLD PROPERTY, QUÉBEC.

Sudbury, Ontario August 20, 2014 – Northern Superior Resources Inc. (SUP:TSX.V) (the “Company” or “Northern Superior”) is pleased to report the initiation of the 2014 summer/fall exploration program on its 100% owned Lac Surprise gold property, west-central Québec. The exploration program is being funded by Northern Superior’s option partner, Bold ventures Inc. (BOL: TSX.V) (“Bold”) as part of its option earn- in work commitment (see press release, June 5, 2014). This exploration program will consist of a prospecting, sampling and mapping program. Data derived from this program will further refine target areas previously defined and identified on the property by Northern Superior and Bold. Targets will then be prioritized for diamond drill testing later this year. The technical team participating in this program will include both Northern Superior and Bold personnel.

In addition to the exploration program, an additional 46 claims or approximately 2,566 hectares was applied for on July 22, 2014 and one additional claim was applied for, August 2, 2014. Upon acceptance of these claims, the Lac Surprise property will consist of 380 claims or approximately 21,200 hectares.

Dr. T. F. Morris, President and CEO states: “Northern Superior is pleased to announce the continuation of exploration on this highly prospective property. The value of this Property has only been enhanced by recent exploration and discovery by others with properties attached to Lac Surprise. The Company looks forward to sharing the results of this summer/fall exploration program with its shareholders as those results become available.”

About Northern Superior

The Lac Surprise property is one of four mineral properties that Northern Superior is actively exploring. The other three properties (Croteau Est, Grizzly and Ti-pa-kaa-haa-ning (“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 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 Croteau Est property, both located in west-central Québec.

The Qualified Person (“QP”) for Northern Superior responsible for reviewing the scientific and technical information for this program is Mr. Scott Parsons (P.Geo), who 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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