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NEWS RELEASE - For Immediate Release

NORTHERN SUPERIOR INITIATES 2014 SUMMER EXPLORATION PROGRAM, CROTEAU EST GOLD PROPERTY, QUÉBEC

Sudbury, Ontario July 23, 2014 – Northern Superior Resources Inc. (SUP:TSX.V) (the “Company” or “Northern Superior”) announced today that the Company has initiated its planned summer exploration program on the Croteau Est gold property, west-central Québec. The program will include prospecting, mechanical trenching, channel sampling, and bedrock mapping.

First results include the discovery of fine grained visible gold (“VG”) observed within sheared and silicified sulphide-rich samples collected from three different sites within a high-grade shoot exposed in Trench 5, located within the properties Croteau-Bouchard Shear Zone (“CBSZ”).

Objectives of the 2014 Summer Exploration Program

- a) Continue to refine and develop high-priority targets identified from the 2014 winter- spring reverse circulation (RC) drill program with the objective of prioritizing for the next phase of core drilling.
- b) Refine the lithological and structural controls of a plunging, high grade gold shoot previously defined at depth from core drilling (Table 1) within the CBSZ. This shoot was exposed by projecting the plunge mineralization to surface where it is exposed in Trench 5. From preliminary work completed last fall Northern Superior reported assays in this zone of 16.35 g/t Au/1.25 m and grab samples up to 68.7 g/t Au (see Press Release, November 12th, 2013). This zone represents one of at least five similar high- grade zones defined from core drilling completed to date within the CBSZ.

Table 1: Drill-hole intervals defining the down-plunge orientation of the high-grade gold shoot exposed in Trench 5, CBSZ (see Press Releases dated March 1, 2012, September 12, 2012, November 8, 2012, and November 20, 2012).

Hole ID	From (m)	To (m)	Grade (g/t Au)*	Core Length (m)
CRO11-06	15.55	18.00	9.62	2.45
	28.00	34.00	4.58	6.00
<i>including</i>	28.00	29.00	23.40	1.00
CRO11-08	25.00	35.00	2.11	10.00
	25.00	26.50	10.95	1.50
<i>including</i>				
CRO12-34	221.70	233.15	5.76	11.45
	236.00	250.15	3.29	14.15
CRO12-38	206.00	215.40	2.56	9.40
	207.15	212.40	4.09	5.25
<i>including</i>				
CRO12-46	241.20	246.00	75.44	4.80

*Composite weighted average, uncapped.

The Property

Northern Superior has identified four structural and lithological models that may control the distribution of gold mineralization on its Croteau Est property:

- 1) Shear zones and associated high grade gold mineralization developed along east- west reverse faults in conjunction with:
 - a. Quartz- feldspar porphyry dykes contained within the shear zone, and
 - b. Dilational jogs characterized by high-frequency of quartz veining;
- 2) The intersection of east- west shear zones with northeast-trending faults (i.e. similar geological settings in this mining camp include: Joe Mann, Cooke, Norbeau, Gwillim deposits);
- 3) Intersection of east- west shear zones with the axis of F2 folds (specifically folded mafic gabbros) (i.e. examples in this mining camp include the Springer, Perry, and Robitaille mines); and
- 4) Intrusion-related gold mineralization based on the recognition of an approximately 2 km x 2 km magnetic- high in Opémiska Group sediments. Recently, it has been determined that the major unconformity-bounded Opémiska Group sediments have potential for syenite-associated disseminated Au- mineralization similar to deposits elsewhere in Abitibi (e.g. Young-Davidson, Malartic, Cote Lake) based on:
 - ✓ Age correlation between Opémiska Group and Timiskaming- style basins in the Abitibi;
 - ✓ Age of deposition of clastic sediments is contemporaneous with the high- K andesites and alkaline plutons in the Chibougamau area; and
 - ✓ Spatially associated large structural breaks/ regional faults (e.g. Faribault Fault), occurring near boundaries between lithological domains/ unconformity boundaries (Roy Group volcanics/ Opémiska sediments), near the base of the sedimentary package.

The Company looks forward to reporting the results of its summer exploration program in the coming months.

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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