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**NEWS RELEASE - For Immediate Release**

**NORTHERN SUPERIOR REPORTS NEW GOLD- BEARING SHEAR ZONES AND SHOWINGS, GRIZZLY GOLD PROPERTY, WEST- CENTRAL QUÉBEC**

Sudbury, Ontario (February 26, 2014) **Northern Superior Resources Inc.** ("Northern" or the "Company") is pleased to report on its 2013 summer and fall exploration program and preliminary data compilation at its Grizzly gold property in west-central Québec (Figure 1).

Highlights of this first phase of exploration include:

- 1) Discovery of the MD gold-bearing shear zone and affirmation of the Guettard gold bearing shear zones with previously unreported grab samples of up to 25.30 g/t Au (Table1)\*; and
- 2) Discovery of three new gold showings, Grelon, Huitans and Dussault associated with zones of hydrothermal alteration and mineralization (Figure 2).

Sample #	Au (g/t)	Sample #	Au (g/t)	Sample #	Au (g/t)	Sample #	Au (g/t)
116116	<b>25.30</b>	116118	<b>4.31</b>	116117	<b>2.72</b>	116109	<b>1.59</b>
116157	<b>18.64</b>	116154	<b>4.02</b>	116120	<b>2.68</b>	116153	<b>1.56</b>
116122	<b>12.96</b>	116124	<b>3.79</b>	116114	<b>2.39</b>	116156	<b>1.49</b>
116123	<b>8.74</b>	116158	<b>3.65</b>	116125	<b>2.25</b>	116155	<b>1.14</b>
116121	<b>5.76</b>	116119	<b>3.29</b>	116115	<b>1.88</b>		

Table 1: Grab samples >1 g/t Au from quartz veins exposed in a trench over the Guettard Nord shear zone\*.

\*Grab samples collected by NSR's option partners prior to Option Agreement and analyzed by Accurassay Laboratories.

A description for each of the gold- bearing shear zones and showings is summarized on the Northern Superior's web site at [www.nsuperior.com](http://www.nsuperior.com).

Dr. T.F. Morris President and CEO states: "Observations and results derived from this first reconnaissance- style exploration program have demonstrated the potential of the Grizzly property to host significant gold mineralization. The next phase of exploration will include an airborne geophysical survey together with trenching, additional prospecting, and mapping in advance of a first phase drill program."

Northern Superior is currently in the first year of an option agreement to earn a 100% interest in the Grizzly property (see press release, July 16, 2013). The objective of the first phase prospecting and geological mapping program was to enhance the understanding of the geology associated with the

known gold occurrences on the property and to identify additional gold mineralization. The Grizzly property is located approximately 60 km west of Chapais (Figure 1), and is accessible year-round from the Poste Abitibi service road by a series of forestry roads, ATV trails, and Hydro Québec power line corridors.

### **Northern Superior at the PDAC Convention**

Northern Superior will once again be at the Prospectors and Developers Association of Canada convention, being held at the Metro Toronto Convention Centre, March 2<sup>nd</sup>-5<sup>th</sup>, 2014.

The Company's booth number is 3332. Management will be available to answer questions from current and potential shareholders for all four days of the convention.

### **About Northern Superior Resources Inc.**

The Grizzly gold property is one of four mineral properties that Northern Superior is currently exploring. The other three properties 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 property. Exploration to date has identified numerous drill-ready targets for gold, copper and silver on the Ti-pa-kaa-haa-ning property of northwestern Ontario and gold on the Company's Croteau Est and Lac Surprise properties in west-central Québec.

The Company's Qualified Person ("QP") for the Grizzly property is Donald R. Boucher, géo. As the QP, Mr. Boucher 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 Quebec, 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 of 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.*

*Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.*

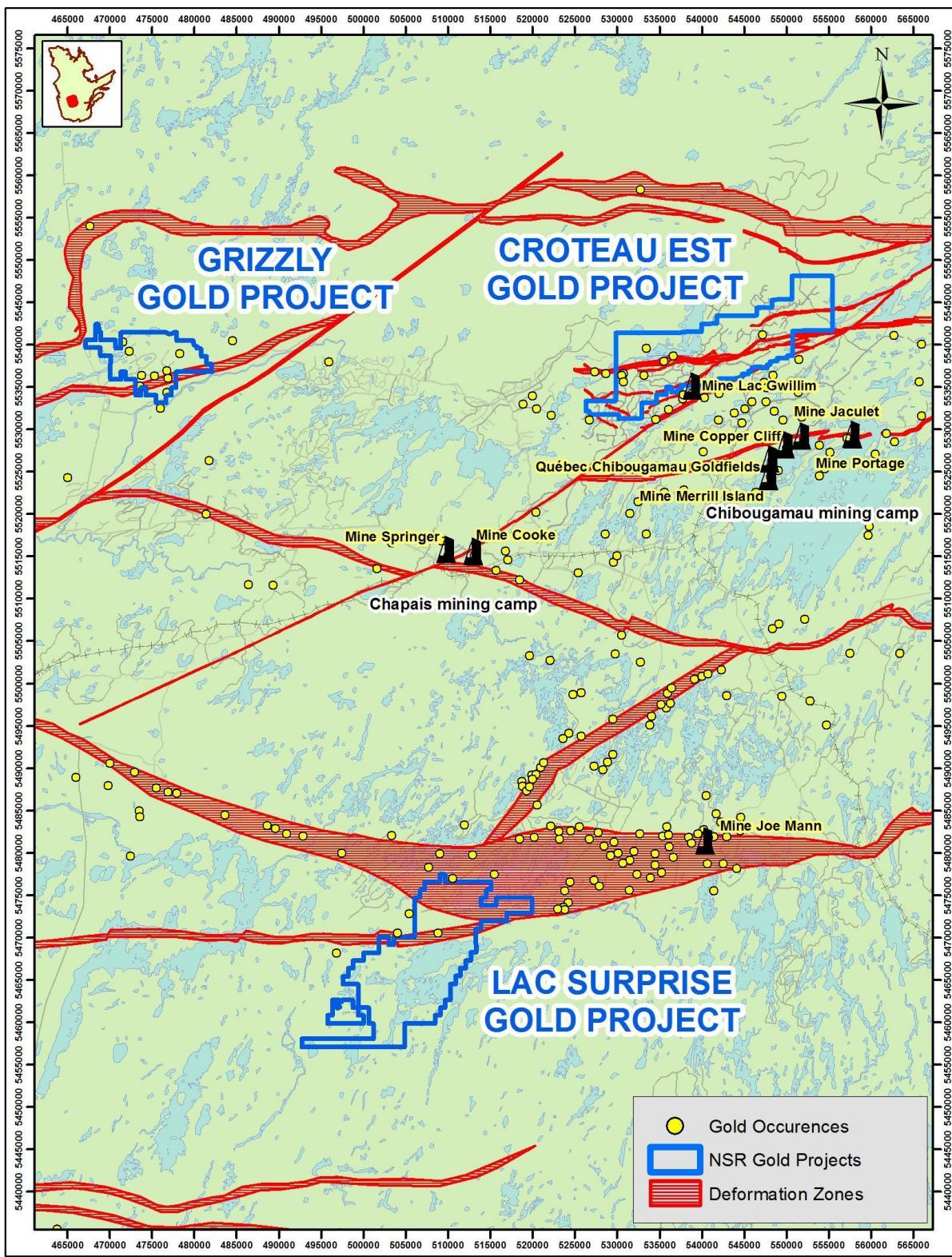


Figure 1: Location of Northern Superior's Grizzly gold property, Québec. The location of the Company's other two gold properties is also illustrated. The relationship between each property and key gold-bearing deformation zones within the Chapais- Chibougamau gold camp is also highlighted.

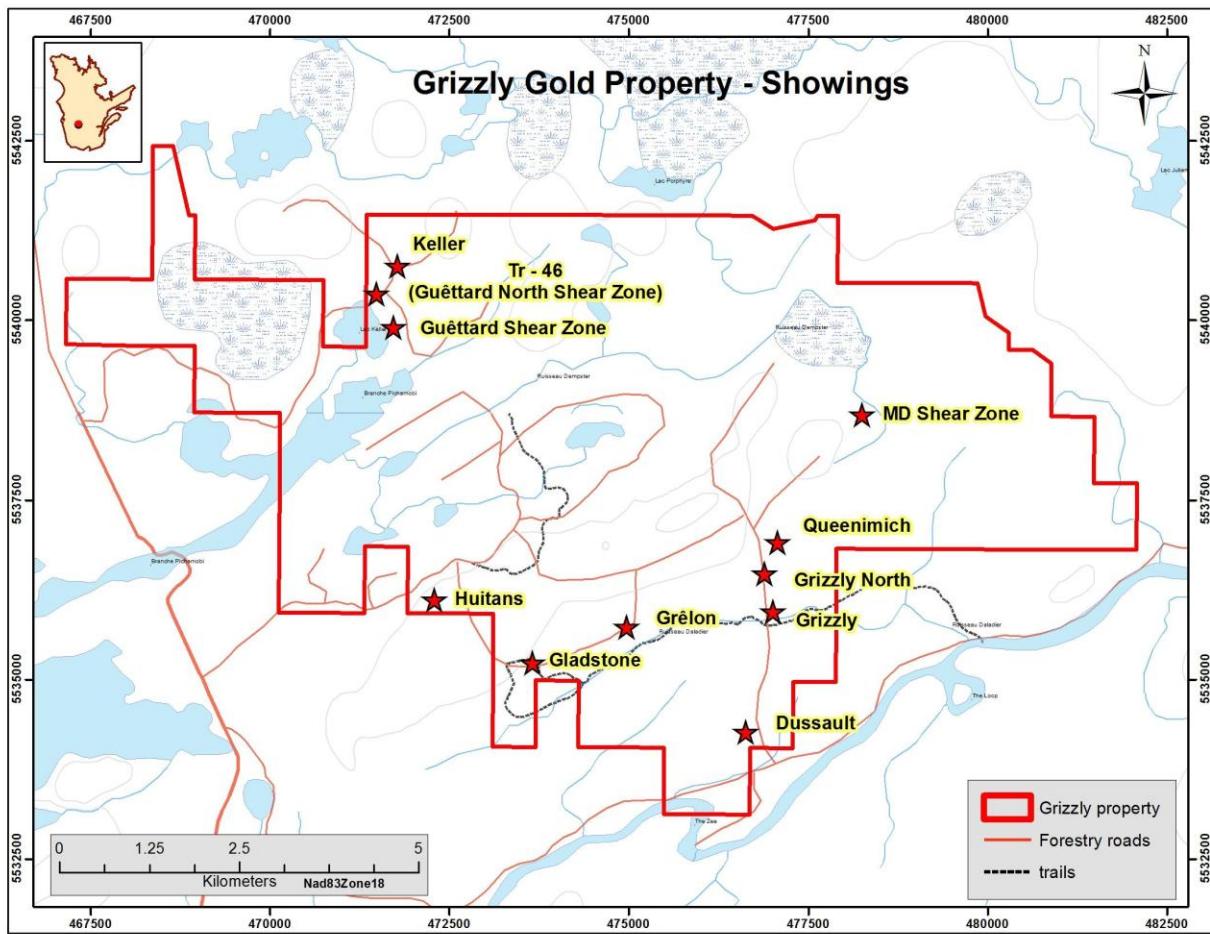


Figure 2: Location of new and historic showings, Grizzly Property, Québec.