

NORTHERN SUPERIOR RESOURCES INC.



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NEWS RELEASE - For Immediate Release

Stock Options Issued

Sudbury, Ontario, December 10, 2012. Northern Superior Resources Inc. (the “Company” or “Northern Superior”) (TSXV: SUP) announces that, effective today, it has granted an aggregate of 3,225,000 incentive stock options to directors, officers and employees of the Company, entitling the grantees to purchase up to an aggregate of 3,225,000 common shares of the Company at an exercise price of \$0.105 per share for a period of five years, subject to regulatory approval. The options vest over a 3 year period. Of the 3,225,000 granted, 1,800,000 options were granted to directors and senior officers of the Company.

About Northern Superior

Northern Superior is a junior exploration company exploring for gold in the Superior Province of the Canadian Shield. The Company currently has \$9.5 million in cash and is currently focused on exploring its Croteau Est/Waconichi gold properties in Quebec. The Company has a number of 100%-owned properties (see Company web site, www.nsuperior.com) in the Stull, Wunnumin and Chibougamau gold districts.

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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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.