



## **NORTHERN SUPERIOR RESOURCES INC.**

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### **NEWS RELEASE - For Immediate Release**

#### **Northern Superior Intersects 25.8 g/t Gold Over 1.85m and Expands Croteau Est Gold Discovery, Québec**

Sudbury, Ontario (November 08, 2012) Northern Superior Resources Inc. (“Northern Superior” or the “Company”) has intersected multiple high grade gold intersections in the first four drillholes of the Company’s 19-hole, ~8,000m 2012 Croteau Est diamond drill program (Figure 1). Assay results from the first 4 holes have extended the drilled portion of the four gold mineralized zones (Marco, Dede, Zone B and Zone C) an additional 100m to the east, and successfully intersected the down dip extension of a high grade gold zone. The total strike length of known gold mineralization within the alteration corridor is now 450m in length and remains open to the east, west, and at depth.

In addition to expanding the four (4) gold zones (Marco, Dede, Zone B and Zone C), a review of assay results have defined a discrete higher grade zone of gold mineralization, within the alteration corridor. Identified in 9 different drillholes, (CRO12-41, CRO12-34, CRO11-5, CRO12-29, CRO12-10, CRO12-31, CRO12-12, CRO12-11 and CRO12-21) the high grade intersections include assay results of >5.0g/t gold up to a maximum of 101.0g/t gold. (see press releases; March 1, 2012; June 11, 2012; September 12, 2012).

Table 1 lists the new assay highlights from the first four holes completed this fall, and it is important to note that the high grade gold zones intersected in CRO12-41 are present within a much broader zone of lower grade gold mineralization of 1.1g/t over 130m. The assay results within this zone include 165 samples of which only 4 returned gold assays below analytical detection limits.

In addition to the 4-holes reported above, the Company has completed 15 additional holes that have intersected similar rock types, quartz veining, alteration assemblages, sulfides and visible gold (CRO12-049) up to 250m farther east of drillhole CRO12-41. Assays from these holes are pending. The alteration corridor and associated gold mineralization remain open along strike in both directions and at depth.

Dr. T.F. Morris President and CEO commented: “The Croteau Est story continues to grow and develop. Drilling continues on the Property, and Northern Superior looks forward to reporting assays associated with the remainder of the program as they become available.”

The Company’s Qualified Persons (“QP”) for the Croteau Est gold property are Michel LeBlanc, P.Geo. and Casey Hetman, P.Geo. As QP’s, Mr. Hetman and Mr. LeBlanc have prepared or supervised the preparation of the scientific or technical information for this program and have verified the data disclosed in this press release. The Company has a rigorous QA/QC program in place to ensure best practices in sampling and analysis of drill core. All drill core is marked for sampling and then split in half with a diamond saw blade. Samples are placed in sealed bags with security tags. All samples were assayed using a standard fire assay, 30 gram nominal aliquot weight with an AA finish. Over-limit samples were re-assayed with a gravimetric finish. Standards, blanks and duplicates are inserted every

25 samples. ALS Canada Ltd. performed the primary assaying with duplicates are analyzed at AGAT Laboratories in Sudbury. ALS Canada Ltd. and AGAT Laboratories implement independent QA/QC protocols that include the insertion of certified blanks and standards as part of their routine analysis.

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

Northern Superior is a well funded junior exploration company exploring for gold in the Superior Province of the Canadian Shield. The Company 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](http://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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### **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: The location of holes presented in this press release are indicated by red stars. The distribution of drill holes completed are represented by orange collars and the holes with outstanding assay results are represented by green collars.

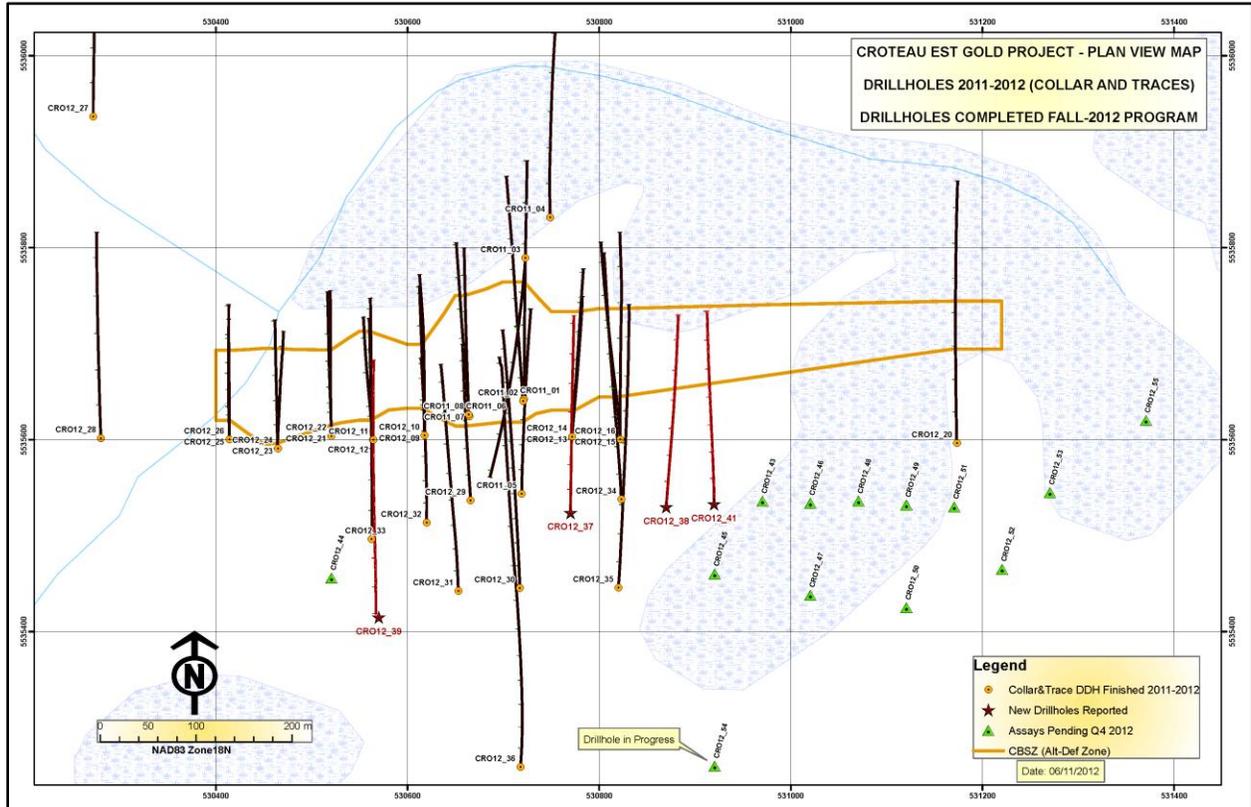


Table 1: Gold assay highlights from drillholes CRO12-37, CRO12-38, CRO12-39 and CRO12-41.

Hole ID		Depth From (m)	Depth To (m)	Core Length (m)	Gold Composite weighted average (g/t)	Gold High Grade (>10 g/t) Sample Assays (g/t)	Comments
CRO12_37		262.00	270.75	8.75	1.36		
	Includes	263.00	266.00	3.00	2.43		
	Or	265.00	266.00	1.00	5.38		
CRO12_38		186.00	187.25	1.25	4.20		
		194.00	195.00	1.00	4.20		
		206.00	243.00	37.00	1.17		
	Includes	207.15	212.40	5.25	4.09		
CRO12_39		43.37	44.70	1.33	6.32		
	Includes	43.37	43.72	0.35		23.50	
		359.43	361.70	2.27	1.57		
CRO12_41		153.35	284.75	131.40	1.10		
	Includes	153.35	155.20	1.85		25.80	
	Or	154.50	155.20	0.70		49.90	Visible Gold Reported
	Includes	176.00	180.00	4.00	3.52		
	Or	179.00	180.00	1.00		10.65	
	Includes	207.45	208.00	0.55	9.08		
	Includes	212.00	214.75	2.75	3.67		
		301.50	302.90	1.40	2.26		

\*Drillhole CRO12-40 was abandoned due to excessive deviation from azimuth before the alteration corridor was intersected.

Intercepts are core lengths and are not necessarily true widths. Did you use a cutting factor? If not you might say so.

\*\*Samples presented include assays >1g/t over 1m (drillcore length) across main mineralized zones.

\*\*\*Core lengths represent length along drillcore and are not true widths.

\*\*\*\*Samples results are uncapped.