



NORTHERN SUPERIOR RESOURCES INC.

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NEWS RELEASE - For Immediate Release

NORTHERN SUPERIOR RESOURCES, NESKANTAGA FIRST NATION RE-AFFIRM COMMITMENT TO CONTINUED DEVELOPMENT ON ONTARIO PROPERTIES

Sudbury, Ontario (July 6, 2012). Northern Superior Resources Inc. ("Northern Superior" or the "Company") and Neskantaga First Nation ("Neskantaga") wish to assure the Northern Superior shareholders that both the Company and Neskantaga remain committed to advancing the Ti-pa-haa-kaa-ning (TPK), New Growth and New Growth Annex gold properties within Neskantaga's traditional territory in northwestern Ontario. This, after Northern Superior's name inadvertently appeared on a list of Company's slated to receive eviction notices from the "Ring of Fire" of Northwestern Ontario, by a group of First Nations (including Neskantaga) opposed to the development of a chromite deposit in that area.

Chief Peter Moonias of Neskantaga First Nation comments "Northern Superior and Neskantaga have a long-standing tradition of working closely towards the exploration and potential development of resources in Neskantaga's traditional territory. We regret Northern Superior's name appearing on this eviction list. Under the current agreement we have with Northern Superior, Neskantaga looks forward to their continued progress of exploration within our Traditional Lands."

Dr. T.F. Morris, President and CEO of Northern Superior states: "Northern Superior has worked hard to ensure that proper consultation has occurred between the Company and Neskantaga through all phases of exploration thus far. The positive working relationship between Northern Superior and Neskantaga resulting from this effort has facilitated numerous and important discoveries on all three properties to date. Northern Superior looks forward to continued exploration on these properties with Neskantaga's support, once market conditions improve."

Northern Superior is 100% owner and operator of the New Growth and New Growth Annex gold properties. The TPK property is currently under an option agreement with Rainy River Resources Ltd. (Rainy River). Under the terms of the option agreement with Northern Superior, Rainy River has the right to earn a 51% interest in the TPK property and is the project operator. All three properties fall outside the "Ring of Fire" area of Northwestern Ontario. Gold, not chromite, is the exploration focus of these properties.

About Northern Superior Resources Inc.

Northern Superior is a junior exploration company focused on exploring for gold in the Superior Province of the Canadian Shield. The Company is currently focused on exploring its Croteau Est property 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 that were identified and developed from the Company's extensive geoscientific data base and from which additional gold exploration projects are being generated. The Company is currently seeking to option-out a number of these properties.

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.

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