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NEWS RELEASE - For Immediate Release

Northern Superior Resources Reports Results from Gold-bearing Shear Zones (Including 12.76 g/t Gold over 8.75 m and 12.74 g/t Gold over 5.85 m) from 2011 Drill Program, Croteau Est Property, Québec

Sudbury, Ontario (March 1, 2012) Northern Superior Resources Inc. (“Northern Superior” or the “Company”) is pleased to announce gold assay results from its eight hole, early exploration diamond drill program, on the Company’s Croteau Est gold property, west-central Quebec. Although hole CRO11-05 returned the most exciting assay results (12.74 g/t gold over 5.85 m: 170.15 - 176 m; 12.76 g/t gold over 8.75 m: 181.75 - 190.5 m; and 3.05 g/t gold over 3.0 m: 240.7 - 243.7 m) holes CRO11-01, 06 and 08 also returned significant intersections (Table 1). That being stated, all eight holes returned anomalous gold assay values from the alteration and deformation corridor (Table 2).

Hole No	From_m	To_m	Gold g/t	Length_m
CRO11_01	41.1	45.5	3.68	4.40
Includes	44.6	45.5	12.16	0.90
CRO11_05	170.15	176	12.74	5.85
Includes	173.6	175.5	37.81	1.90
CRO11_05	181.75	190.5	12.76	8.75
includes	183.5	186	19.51	4.25
CRO11_05	240.7	243.7	3.05	3.00
CRO11_06	15.55	18	9.62	2.45
CRO11_06	28	34	4.58	6.00
Includes	28	29	23.4	1.00
CRO11_06	48.3	48.8	7.8	0.50
CRO11_06	129	130	9.64	1.00
CRO11_08	25	35	2.11	10.00
Includes	25	26.5	10.95	1.50
CRO11_08	154.55	155.2	8.16	0.65

Table 1. Gold-bearing intersection highlights from holes CRO11-01, 05, 06 and 08.

Northern Superior’s 2011 fall drill program consisted of eight drill holes totaling 2,316 m. These holes focused on and within the area of Trenches 01 through 04 where the Company previously reported two channel assay results from Trench 01 (3.23 g/t gold over 12.3 m; 2.11 g/t gold over 11.0 m - combined weighted average 1.93 g/t gold over 33.8 m) (see press release September 21, 2011) and from Trench 03 (92.57 g/t gold over 1.0 m or 12.8 g/t gold over 7.8 m) where visible gold was reported (see press release October 12, 2011). Specifically, this first phase drill program focused on Trench-01.

Dr. T.F. Morris, President and CEO of Northern Superior, states: “The assay results from these eight drill holes coupled with those reported from Trenches 1 through 4 previously, affirms our belief that the

Croteau Est gold property indeed has the potential to host a large gold-bearing system. It is important to remember that despite the success of the 2011 fall diamond drill program, we are still only beginning to understand the geology and its association to the gold discovered so far on what is a very small part of the property. We are confident that our 2012 exploration program, which includes Northern Superior's current diamond drill program (21 holes, 5,500 m- to be completed second quarter 2012), additional ground geophysics, bedrock and overburden mapping, mobile metal ion (MMI) survey, soil gas survey, and glacial sediment sampling programs will not only greatly further our understanding of the relationship between geology and distribution of associated gold observed thus far but will also broaden our understanding of the gold potential over the rest of this large property."

Diamond drill holes CRO11-1,2,3 and 5 tested an area approximately 50 metres below and east of Trench-01. Holes 1, 2 and 5 were drilled northward across the southerly dipping east plunging structures mapped in the trenches while hole 3 was drilled southward to test the northerly dipping set of vein structures identified in the Trench 01 and observed in all trenches. Hole CRO11-04 was a reconnaissance hole to the north to test an area for parallel alteration zone / structures and covered with thicker overburden. Holes CRO11-06 to 08 were drilled 50m to the west of Trench-01 to follow-up on the reported visible gold in hole CRO11-05 (hole CRO11-07 was abandoned at 27 metres, for distribution of drill holes see Figure 1, press release December 19, 2011). Note, diamond drilling in the fall of 2011 did not test Trench-03 where visible gold and associated assay of 92.57 g/t gold over 1.0m or 12.8 g/t gold over 7.8 m were previously reported.

One final note regarding the visible gold in hole CR011-05, where regular 30g aliquot Gravimetric Fire Assay results returned values up to 200 g/t gold (over 0.5 m) from the mineralized zone where visible gold was identified. Regarding assays using total gold Metallic Screen analysis on 500g aliquots over these intervals returned values up to 100g/t gold however the calculated weighted averages over the same mineralized zones did not show significant differences.

Croteau 2011-2012 DDH Program-Gold Intersection Highlights					
Hole No	From_m	To_m	Au g/t	Length_m	Host rock
CRO11_01	19.9	21.9	1.84	2.00	Basalt Bx, sericitized with 5% Py
CRO11_01	28.7	31	0.82	2.30	QZV with pyritized margin (2% Py)
CRO11_01	41.1	45.5	3.68	4.40	QZV with trace Py
Includes	44.6	45.5	12.16	0.90	
CRO11_01	75.5	77.5	1.02	2.00	Sericite carbonate schist, tr Py
CRO11_02	44.75	48.13	1.13	3.38	Carbonate silicified schist with QZV, 3% Py
CRO11_02	61.75	73.25	0.88	11.50	QZV with carbonte sericite schist margins containing 3% Py
CRO11_02	90.3	98.3	1.39	8.01	QZV with carbonte sericite schist margins containing 3% Py
CRO11_02	134	139	0.59	5.00	QFP dyke injected by 10% QZV, 3-4% Py
CRO11_03	135	140	0.98	5.00	Silicified & carbonated schist with 10-50% QZV, 2-5% Py
CRO11_03	173	177.5	1.16	4.50	Sericite schist+QZV, 3% AsPy+Py
CRO11_03	193.75	204	0.85	10.25	Silicified carbonate schist, 2-5% Py
CRO11_03	208.85	214.75	1.07	5.90	Silicified carbonate schist, 5% Py

CRO11_04	78	80.4	0.89	2.40	QFP dyke, 25% QZV, 2% Py
CRO11_05	170.15	176	12.74	5.85	QZV with V.G. in silicified carbonate schist, 4-6% Py
Includes	173.6	175.5	37.81	1.90	
CRO11_05	181.75	190.5	12.76	8.75	milky white QZV containing VG + Cpy blebs in highly altered intermediate porphyry dyke
includes	181.75	186	19.51	4.25	
CRO11_05	240.7	243.7	3.05	3.00	QZV with VG in Akaretized basalt 1% Py
CRO11_06	15.55	18	9.62	2.45	Carbonate sericite schist, 3% Py
CRO11_06	28	34	4.58	6.00	QFP dyke with QZV (VG)
Includes	28	29	23.4	1.00	
CRO11_06	48.3	48.8	7.8	0.50	Carbonate sericite schist, 2% Py , 40% QZV
CRO11_06	61.75	64.5	1.6	2.75	Carbonate sericite schist, 5% Py
CRO11_06	71	85.5	1.06	14.50	Carbonate sericite schist + QFP dyke 3-6% Py
CRO11_06	117.25	119.05	1.23	1.80	QFP dyke with 10% QZV, 1% Py
CRO11_06	129	130	9.64	1.00	Sericitized tuff, 2% Py
CRO11_06	143.3	144	2.46	0.70	
CRO11_07	12.25	14.7	1.18	2.45	Ankerite sericitic schist, 2% Py
CRO11_07	25	27	2.7	2.00	QFP dyke, 1% Py
CRO11_08	25	35	2.11	10.00	QFP dyke injected by QZV, 2-3% Py
Includes	25	26.5	10.95	1.50	
CRO11_08	47	50	1.5	3.00	Carbonated and silicified schist, 4% Py
CRO11_08	84	85.5	1.89	1.50	Carbonated and silicified schist + QZV, 3-8% Py
CRO11_08	94	104.8	1.32	10.80	Carbonated sericite schist with QFP+QZV, 2-5% Py
CRO11_08	107.9	108.6	3.34	0.70	
CRO11_08	117	119	2.05	2.00	Carbonated sericite schist with QZV, 2-5% Py
CRO11_08	129	132.4	1.03	3.40	Carbonated sericite schist with QFP + QZV
CRO11_08	154.55	155.2	8.16	0.65	Sericitized tuff, 5% Py

Table 2. Summary of weighted average gold assays for zones encountered in the 2011 diamond drill program. Gold assays in italics are greater than 2.0 g/t gold.

As: Arsenic
Bx: Breccia
CPY: Chalcopyrite
Py: Pyrite
QFP: Quartz feldspar porphyry
QZV: Quartz vein
Tr: Trace
VG: Visible gold

Northern Superior operates the Croteau Est property under an option agreement (see press release, August 23, 2011).

The Company's Qualified Persons ("QP") for the Croteau Est gold property are Donald Boucher, P.Geo., and Michel LeBlanc, P.Geo. As QP's, Mr. Boucher and Mr. LeBlanc have prepared or supervised the preparation of the scientific or technical information for this program and has verified the data disclosed in this press release.

About Northern Superior Resources Inc.

Northern Superior is a junior exploration company focused on exploring for gold and diamonds in the Superior Province of the Canadian Shield. The Company is actively exploring for gold within two important gold districts: the Stull-Wunnumun in Ontario and the Chibougamau in Quebec. The Company has a number of 100% owned properties (see Company web site: www.nsuperior.com) within these 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. Note, the Company is currently drilling on its 100% owned New Growth and Ti-pa-haa-kaa-ning (TPK - under an option agreement with Rainy River Resources) gold properties in Northwestern Ontario.

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

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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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