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NEWS RELEASE - For Immediate Release

NORTHERN SUPERIOR DISCOVERS NEW SHOWINGS, WAPISTAN PROPERTY, QUÉBEC

Sudbury, Ontario, January 29, 2019, Northern Superior Resources Inc. (“Northern Superior” or the “Company”) (TSXV: SUP), is pleased to report on exploration results from its 2018 Fall exploration program on its 100% owned Wapistan property, James Bay Lowlands, Québec.

General Overview:

While currently focused on initiating and executing drill programs on its 100% owned Ti-pa-haa-kaa-ning (TPK) property in Northwestern Ontario (under an option agreement with Yamana Gold) and its 100% owned Lac Surprise property in Québec, Northern Superior is also pleased to report on results at its Wapistan property.

Wapistan is an important, early stage mineral exploration property within Northern Superior’s exploration property portfolio. Strategically positioned within the James Bay Lowlands, an emerging and important exploration and mining camp in the James Bay Lowlands of Québec (see *Wapistan project summary, Northern Superior Resources website, www.nsuperior.com*) the Company seeks to advance exploration on the property through an option and/ or joint venture partner.

Dr. T.F. Morris, President and CEO of Northern Superior states: “Northern Superior completed a small prospecting program on the Wapistan Property (in September 2018). The purpose of the program was to verify and prospect key historic showings and prospect favorable geological sites identified from airborne imagery (see press release, Northern Superior Resources, May 16, 2017).”

Key Findings:

- 1) Verification through prospecting of four key historic properties previously reported- Lac Atsynia, Know Bull, Threefold, Lac Kaychikuapichu-NW (refer to Figure 1, Table 1 below).
- 2) Discovery of 4 new showings (Figure 1, Table 1):
 - i) PG-Zone west
 - ii) Lac Kaychikuapichu
 - iii) Nimaastaakuwit
 - iv) Atikamakuch North

New Showings:

PG-Zone West (10 grab samples collected)

Host rock consists of moderately to strongly sheared, fine grained basalt to andesitic basalt. Zone is approximately 60m wide striking generally east- west, traceable for several hundreds of meters. Best assay results include 0.18g/t gold, 0.51 g/t silver and 934ppm copper derived from samples of pyrite and pyrrhotite-bearing and quartz vein-bearing tonalite dykes.

Lac Kaychikuapichu (8 grab samples collected)

Host rock consists of fine- grained, dark grey-green, variably sheared basalt hosting numerous, shear parallel, quartz veins up to 5m wide. Northern boundary of the showing marked by a laterally continuous zone of gossaneous, magnetic iron formation. Best assay results from the iron formation include 0.017 g/t gold, 0.32 g/t silver and 504ppm copper.

Nimaastaakuwit (18 grab samples collected)

Host rock consists of gossaneous, variably sheared and folded iron formation at least 60m wide, enclosed within quartzite and intermediate volcanic rocks. Sulphide- bearing, iron formation-hosted quartz veins, approximately 30cm wide, returned best assay results of 0.04 g/t gold, 2.63 g/t silver and 2660 ppm copper.

Atikamakuch North (12 grab samples collected)

Host rock includes variably sheared, weakly to moderate magnetic, komatiitic basalt and iron formation. Best assay results include 0.06 g/t gold, 1.37 g/t silver and 1700 ppm copper, which were collected from an iron-stained quartz vein, hosting disseminated sulphides.

Verification of Old Showings:

Lac Atsynia (12 grab samples collected)

Verification of host rock consisting of variably silicified, komatiitic fine grained grey to grey-green basalt to basaltic-andesite with a strongly silicified, cream-coloured quartzite horizon. Best assay results from this program include 0.02 g/t gold, 0.55g/t silver and 265ppm copper.

Know Bull (5 grab samples collected)

Verification of host rock consisting of a gossaneous, strongly sheared zone of fine grained, dark grey-green basalt with disseminated, trace pyrite-pyrrhotite and quartz veinlets. Adjacent to the gossan is strongly magnetic banded iron formation, width of which could not be determined due to overburden cover. Best assay results from this program include 0.01 g/t gold, 0.11 g/t silver and 31 ppm copper.

Threefold (12 grab samples)

Verification of host rock consisting primarily of variably sheared, pink-grey coloured, medium grained tonalite with varying degrees of sericite alteration and hematite staining. Best assay results from this area, including 0.03 g/t gold, 4.55 g/t silver and 213 ppm copper, were returned from shear hosted quartz veins, containing blebby sulphides.

Qualified Person

Jonathan O’Callaghan P.Geol., is a qualified person (“QP) within the meaning of National Instrument 43-101. As the QP for the Wapistan property, Mr. O’Callaghan has approved information disclosed in this press release.

About Northern Superior Resources Inc.

Northern Superior is a reporting issuer in British Columbia, Alberta, Ontario and Québec, and trades on the TSX Venture Exchange under the symbol SUP. The Company is currently focused on initiating and executing core drill programs on its 100% owned TPK (northwestern Ontario) and Lac Surprise (Québec) properties. Northern Superior is currently looking to option out its other 100% owned mineral properties in Québec and northwestern Ontario.

For further information please visit the Company’s website at www.nsuperior.com or contact:

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Figure 1 - Location of reported mineral occurrences, newly discovered showings, Northern Superior's 100% owned Wapistan property

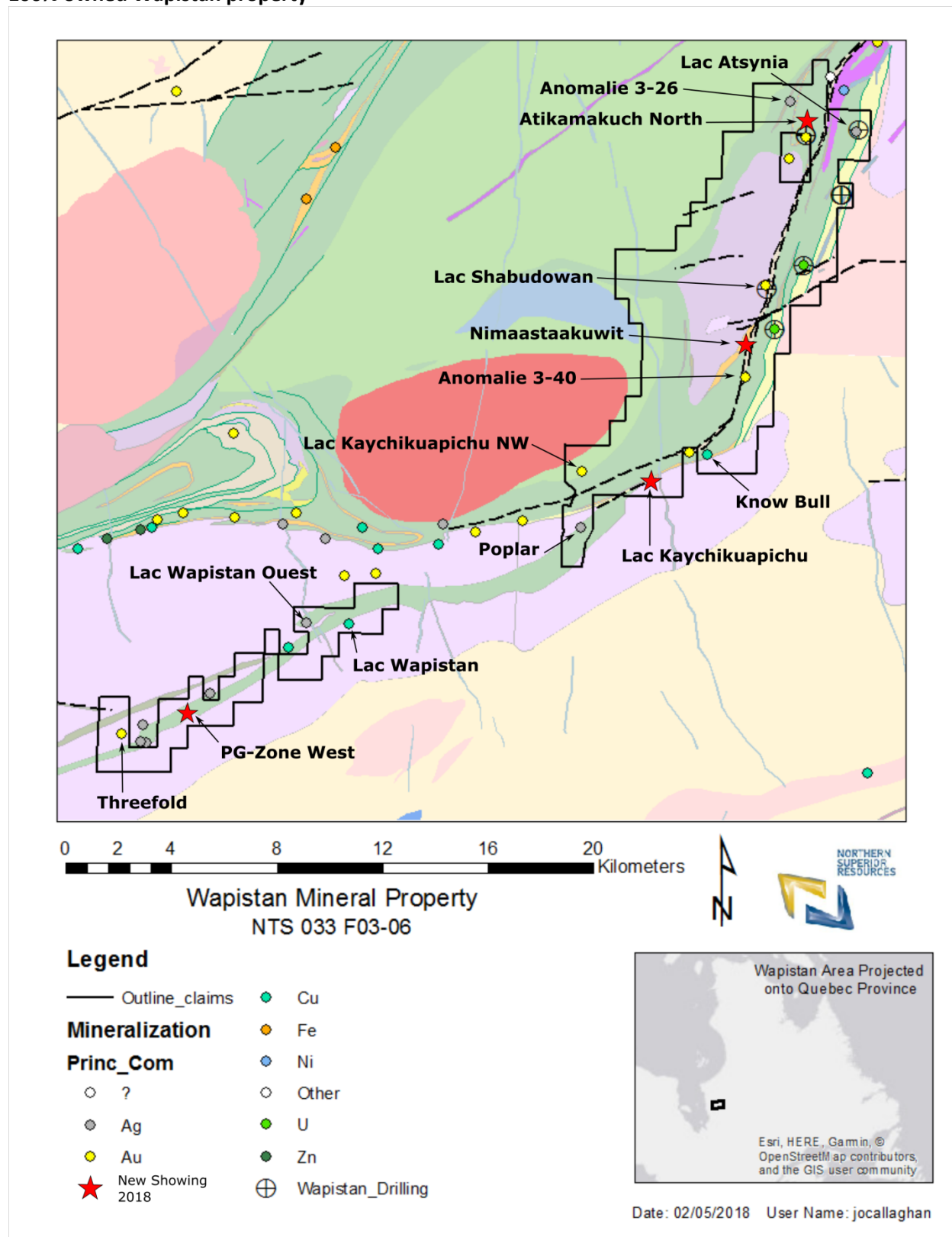


Table 1. Reported mineral occurrences, newly discovered showings, Northern Superior’s 100% owned Wapistan property.

Please refer to Figure 1 for location of the mineral occurrences listed in this Table

Historic Showings	Location, UTM			Related Assay Values	Sample Type	Publication Source	Publication Number
	Easting	Northing	Zone				
Threegold-ZoneA	317957	5888253	18	15.8 ppm Ag, 450 ppb Au	Grab	Sigeom	GM 57565
				2.5 g/t Ag	Grab	Sigeom	GM 57565
				15.4 g/t Ag, 1.42 g/t Au/ 1m	Channel	Sigeom	GM 63775
Lac Wapistan-Ouest	324958	5892463	18	>1 g/t Au	Grab	Sigeom	GM 49933
				1.4 g/t Au	Grab	Sigeom	GM 50181
Lac Wapistan	326576	5892416	18	1.8% Cu, 0.31 g/t Au	Grab	Sigeom	GM 49086
Poplar	335330	5896054	18	1850 ppm Cu, 752 ppm Ni, 5.6 g/t Ag	Grab	Sigeom	GM 57920
				5.2 g/t Ag / 0.3m	Chip	Sigeom	GM 57920
				4.9 g/t Ag/0.6m incl. 5.5 g/t Ag/0.3m	Chip	Sigeom	GM 57920
				5.2 g/t Ag/ 1.5m incl. 7 g/t Ag/0.3m	Chip	Sigeom	GM 57920
				600ppm Cu, 500ppm Pb, 230 ppm Zn, 316ppm Ni, 7.2 g/t Ag	Grab	Sigeom	GM 57920
				720ppm Cu, 600ppm Pb, 269ppm Zn, 760ppm Ni, 6.6 g/t Ag	Grab	Sigeom	GM 57920
Know Bull	340126	5898841	18	8260 ppm Cu	Grab	Sigeom	GM 59618 GM 59625
Anomalie 3-40	341569	5901741	18	5.87% Zn, 0.55% Pb, 21.26 g/t Ag, 1.03 g/t Au / 0.61m	Channel	Sigeom	GM 10200
Lac Shabudowan	342361	5905245	18	7.19% Cu, 15.4 g/t Ag / 3.05m	Chip	Sigeom	GM 10200
Anomalie 4-26	343285	5912170	18	8.23 g/t Ag	Grab	Sigeom	GM 10200
Lac Atsynia	345768	5911029	18	21.94 g/t Ag	Grab	Sigeom	GM 10200
New Showings							
PG-Zone West	320566	5889358	18	0.18 g/t Au, 0.51 g/t Ag, 938 ppm Cu	Grab	NSR-2018 Program	
Lac Kaychikuapichu	337712	5898024	18	0.11 g/t Ag	Grab	NSR-2018 Program	
Nimaastaakuwit	341574	5903138	18	0.05 g/t Au, 23.63 g/t Ag, 2660 ppm Cu	Grab	NSR-2018 Program	
Atikamakuch N	343900	5911307	18	0.06 g/t Au, 1.37 g/t Ag, 1700 ppm Cu	Grab	NSR-2018 Program	

Cautionary Note Regarding Forward-Looking Statements

This Press Release contains forward-looking statements that involve risks and uncertainties, which may cause actual results to differ materially from the statements made. When used in this document, the words “may”, “would”, “could”, “will”, “intend”, “plan”, “anticipate”, “believe”, “estimate”, “expect” and similar expressions are intended to identify forward-looking statements. Such statements reflect our current views with respect to future events and are subject to such risks and uncertainties. Many factors could cause our actual results to differ materially from the statements made, including those factors discussed in filings made by us with the Canadian securities regulatory authorities. Should one or more of these risks and uncertainties, such actual results of current exploration programs, the general risks associated with the mining industry, the price of gold and other metals, currency and interest rate fluctuations, increased competition and general economic and market factors, occur or should assumptions underlying the forward looking statements prove incorrect, actual results may vary materially from those described herein as intended, planned, anticipated, or expected. We do not intend and do not assume any obligation to update these forward-looking statements, except as required by law. Shareholders are cautioned not to put undue reliance on such 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.