



NORTHERN SUPERIOR RESOURCES INC.

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NEWS RELEASE - For Immediate Release

Northern Superior Provides Update On Litigation Against Ontario Government, Posts Selected Trial Materials On Website

Sudbury, Ontario, March 4th, 2016- **Northern Superior Resources Inc.** (TSXV:SUP) ("**Northern Superior**" or the "Company") wishes to inform its shareholders that the Ontario Superior Court has not yet rendered a decision in the Company's lawsuit against the Province of Ontario. The trial concluded November 13rd, 2015.

To keep interested parties as informed as possible, Northern Superior has posted the following materials on its website (www.nsuperior.com):

- a) Selected parts of testimony from several key Government witnesses (derived from court transcripts);
- b) Northern Superior and Government of Ontario submissions of the respective parties at Mandatory Mediation; and
- c) Property and Damages Reports. These reports are posted for information purposes only.

Dr. Thomas Morris (President and CEO of Northern Superior Resources), at the invitation of the Honourable Jim Carr (P.C., M.P.), will be participating on a Natural Resources Canada Mining Roundtable in Toronto, Ontario on Sunday March 6th (2016) at the InterContinental Hotel. Dr. Morris looks forward to sharing his views regarding mineral exploration in Ontario with others participating at this roundtable.

About Northern Superior

Northern Superior is a junior exploration company exploring for gold in the Superior Province of the Canadian Shield. The Company is currently focused on exploring its Croteau Est property in Quebec and its Ti-pa-haa-kaa-ning in Ontario. Northern Superior also has a number of other 100% owned properties in Ontario and Québec.

Northern Superior is a reporting issuer in British Columbia, Alberta, Ontario and Québec, and trades on the TSX Venture Exchange under the symbol SUP.

For more information, please visit www.nsuperior.com

Thomas F. Morris, President and CEO
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Neither 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.

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.