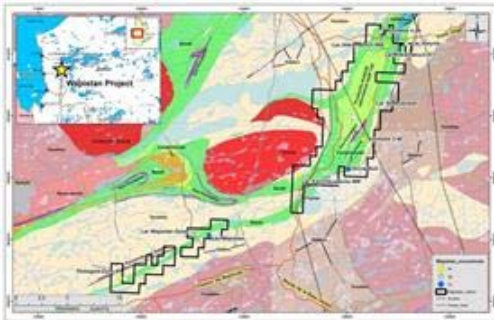




Northern Superior Completes Helicopter-Borne Magnetic Geophysical Survey, Wapistan Property, Québec

Figure 1



Location of reported mineral occurrences on Northern Superior's 100% owned Wapistan property

Northern Superior Resources Inc.

SUDBURY, Ontario, May 16, 2017 (GLOBE NEWSWIRE) -- **Northern Superior Resources Inc.** (“Northern Superior” or the “Company”) (TSXV:SUP), is pleased to announce the completion of a 934 line-km helicopter-borne magnetic geophysical survey over its 100% owned Wapistan property, located in the James Bay Lowlands, Québec.

Dr. T.F. Morris, President and CEO of Northern Superior states: “*The Wapistan property is situated within an emerging and important mineral exploration region in the James Bay Lowlands, Québec. The data derived from the airborne geophysical program conducted during April 2017 is critical as a first step in advancing our understanding of the geology of the property, assisting in:*

1. *understanding the relationship between the 11 various showings discovered thus far on the property (see Figure 1, Table 1) to local bedrock structure and lithology;*
2. *identification of highly prospective areas for the discovery of additional mineralization; and*
3. *planning future exploration programs to capitalize on highly prospective areas of mineralization identified from the geophysical data and/or data review.”*

Covering approximately 32 km strike length of a major structure developed in an Archean-aged volcanic-sedimentary package, the Wapistan mineral property is district in scale, consisting of 207 claims or approximately 10,408 hectares. These volcanic-sedimentary rocks within the Wapistan property host multiple gold and other precious metal occurrences (Figure 1, Table 1) in rocks similar to those associated with the Roberto Deposit (Goldcorp Inc.) and the Eau Claire Gold Deposit (Eastmain Resources Inc.), also located within this emerging mineral exploration and mining region.

An infographic accompanying this release is available at <http://www.globenewswire.com/NewsRoom/AttachmentNg/b72c5161-90b1-4699-849d-fb61e7636096>

Table 1. Reported mineral occurrences, Northern Superior's 100% owned Wapistan property.

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

Showing Name	Location, UTM			Related Assay Values	Sample Type	Publication Source	Publication Number
	Easting	Westing	Zone				
Three gold-Zone A	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
Lac Atikamakuch-571	343224	5910027	18	1.5 g/t Au	Grab	Sigeom	GM 55997
Lac Atikamakuch-588	343891	5910845	18	2.3 g/t Au	Grab	Sigeom	GM 55997
				350 ppb Au/ 1.4 m	Channel	Sigeom	GM 55998
				2382 ppb Au (5kg of fragments)	Grab	Sigeom	GM 55998
				500 ppb Au / 2m	Drilling	Sigeom	GM 55998
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

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 exploring its 100% owned Croteau Est (Québec) and Ti-pahaa-kaa-ning (northwestern Ontario) properties. Northern Superior is currently looking to option out its other 100% owned mineral properties in Québec and northwestern Ontario.

The Company's Qualified Person ("QP") for the Wapistan property is Tom Morris (P.Geo.). As the QP for the Wapistan property, Dr. Morris has approved information disclosed in this press 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.

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.

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

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