



NORTHERN SUPERIOR RESOURCES INC.

1351C Kelly Lake Road, Unit 7

Sudbury, Ontario, Canada

P3E 5P5

Tel: (705) 525- 0992

Fax: (705) 525- 7701

NEWS RELEASE - For Immediate Release

NORTHERN SUPERIOR INITIATES ENGAGEMENT PROTOCOLS WITH NESKANTAGA FIRST NATION, 2017 TI-PI-HAA-KAA-NING EXPLORATION PROGRAM

Sudbury, Ontario, July 19, 2017, Northern Superior Resources Inc. (“Northern Superior” or the “Company”) (TSXV: SUP) is pleased to announce that it has initiated engagement protocols pursuant to its Early Exploration Benefits Agreement (“EEBA”) with Neskantaga First Nation. These protocols are being initiated in conjunction with Northern Superior’s plans to restart exploration activities on its 100% owned Ti-pi-haa-kaa-ning (“TPK”) mineral property in northwestern Ontario.

Dr. T.F. Morris, President and CEO of Northern Superior states: *“We are pleased with the opportunity to once again work closely on the TPK property with the First Nation community of Neskantaga. The Community’s involvement with our exploration programs on TPK will be essential to the success of those programs.”*

Northern Superior plans to initiate a new exploration program on the TPK property during the third quarter this year. The planned exploration program will involve three activities:

1) Exploration Program Over the Northwest Portion of the Property

An area where Northern Superior discovered and defined the 3.5km wide Kelly Lake gold grain-in-till dispersal corridor and associated boulders (which assayed as high as 727g/t gold; 111 g/t silver and 4.05% copper), leading to the discovery of a mineralized greenstone belt (press release, December 7, 2011). The purpose of the prospecting program is to define specific mineral targets associated with this belt through prospecting, till and boulder sampling;

2) Structural Study, Southeast Portion of the Property

Conducting a structural study on the southeast portion of the property to strengthen the core drill targets previously established from the distribution and concentration of gold grains associated with the unique and remarkable 6km wide TPK gold grain-in-till apron. Structural information will be established through:

- a) re-logging of drill core associated with previous core drill programs;
- b) completion of tele-viewer studies on selected core drill holes;
- c) re-analysis of the Company’s geophysical data (both airborne magnetic data and ground induced polarization data); and
- d) re-visitation of any relevant outcrop; and

3) Completion of Upgrades on the Company’s Rowlandson Lake Exploration Camp In Preparation of Core Hole Drilling on the Property, Q1/ 2 of 2018.

The structural studies and camp upgrades maintenance are essential activities required to support a core hole drilling program within the southeast part of the property that Northern Superior intends to initiate during the winter of 2018.

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-pa-haa-kaa-ning (Northwestern Ontario) properties. Northern Superior is currently looking to option out its other 100% owned mineral properties in Québec and Northwestern Ontario.

Qualified Person

The Company's Qualified Person ("QP") for the TPK property is Ron Avery (P.Geo.). As the QP for the TPK project, Mr. Avery has approved information disclosed in this press release.

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

Thomas F. Morris P.Geo., PhD., FGAC
President and CEO
Tel: (705) 525-0992
Fax: (705) 525-7701
e-mail: info@nsuperior.com
www.nsuperior.com

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.