



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 RESOURCES INC. - 2017 OPTIONS GRANT

Sudbury, Ontario, December 1, 2017, Northern Superior Resources Inc. (the “Company” or “Northern Superior”) (TSX: SUP) (OTCQB: NSUPF) wishes to announce the granting of incentive stock options to a director and certain officers, employees and consultants of Company, allowing for the purchase of up to, in the aggregate, 5,050,000 shares in the capital of the Company. Each option is exercisable at a price of \$0.05 per share, for a period of five years, subject to regulatory approval.

About Northern Superior

Northern Superior is a reporting issuer in British Columbia, Alberta, Ontario and Québec, and trades on the TSX Venture Exchange under the symbol SUP, and the OTCQB Venture Market under the symbol NSUPF. The Company is currently focused on exploring its 100% owned Croteau Est (Québec) and Ti-pa-haa-kaa-ning (north-central Ontario) properties. Northern Superior is currently looking to option out its other 100%-owned mineral properties in Québec and north-central Ontario.

For further information contact:

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

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.

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.