



NORTHERN SUPERIOR RESOURCES INC.

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NEWS RELEASE - For Immediate Release

NORTHERN SUPERIOR: 2ND YEAR RECOGNITION FOR ITS COMMITMENT TO PROGRESSIVE ABORIGINAL RELATIONS

Sudbury, Ontario (July 21, 2014) Northern Superior Resources Inc. ("Northern Superior" or the "Company") is pleased to announce that it has re-committed to the Progressive Aboriginal Relations ("PAR") "Committed" status ("PAR Committed") of the Canadian Council for Aboriginal Business (CCAB) for the second year in a row. The CCAB is a national non-profit organization whose primary mission is to foster sustainable business relations between First Nations, Inuit and Métis peoples and Canadian business.

PAR is a certification program that confirms corporate performance in Aboriginal relations. Northern Superior's recognition as a PAR committed company for the second year in a row confirms: a) the Company's commitment to continual improvement in Aboriginal relations; and b) the Company's intention to undergo additional external verification of its performance in the future to eventually obtain full PAR certification.

"Northern Superior is very proud to be recognized by the CCAB as a "PAR Committed" company for the second year in a row. For over 13 years Northern Superior has understood the importance and advantages of working closely with Aboriginal Communities within whose traditional territories Northern Superior conducts its mineral exploration programs. As Northern Superior stated last year, the CCAB is a staunch advocate for Aboriginal businesses and the improvement of Aboriginal livelihoods from coast, to coast, to coast, and it is an honor to be involved with them." states Tom Morris, President and CEO of Northern Superior Resources.

"PAR is the only CSR program with an exclusive focus on Aboriginal relations. We are pleased to recognize Northern Superior's ongoing commitment to building meaningful relationships with Aboriginal communities and businesses." said J.P. Gladu, President and CEO of the CCAB. "This year's celebration of 'PAR Certified' and 'PAR Committed' companies in Vancouver this fall demonstrates that even in challenging economic times, junior mining companies like Northern Superior are dedicated to working with Aboriginal communities."

About Northern Superior Resources Inc.

Northern Superior is currently exploring four regional- scale exploration programs, either 100% owned and operated by Northern Superior or Northern Superior having the right to earn a 100% interest in the property. Exploration to date on these properties has identified: a) numerous drill- ready targets for gold, copper and silver on the Ti-pa-kaa-haa-ning (TPK) property of northwestern Ontario; b), gold/ VMS/ magmatic Ni, Cu ± PGE's on the Company's Grizzly property, west- central Québec; c) shear-hosted gold on the Company's Lac Surprise property, west- central Québec; and d) shear- hosted gold on the Company's Croteau Est property, west-central 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 further information contact:

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For Investors

Forward looking statements: This news release includes certain "forward-looking information" within the meaning of Canadian securities legislation and "forward-looking statements" within the meaning of the United States Private Securities Litigation Reform Act or 1995 (collectively, "forward looking statements"). Forward looking statements include predictions, projections and forecasts and are often, but not always, identified by the use of words such as "seek", "anticipate", "believe", "plan", "estimate", "forecast", "expect", "potential", "project", "target", "schedule", "budget" and "intend" and statements that an event or result "may", "will", "should", "could" or "might" occur or be achieved or other similar expressions and includes the negatives thereof. All statements other than statements of historical fact included in this release, including, without limitation, statements regarding potential mineralization, exploration results, interpretation of results, the timing and success of exploration activities generally, the timing and results of future resource estimates, and future plans and objectives of Northern Superior are forward-looking statements that involve various risks and uncertainties. There can be no assurance that such statements will prove to be accurate and actual results and future events could differ materially from those anticipated in such statements. Forward looking statements are based on a number of material factors and assumptions. Important factors that could cause actual results to differ materially from Northern Superior's expectations include exploration risks, changes in project parameters as plans continue to be refined, results of future resources estimates, future metal prices, availability of capital and financing on acceptable terms, general economic, market or business conditions, uninsured risks, regulatory changes, defects in title, availability of personnel, materials and equipment on a timely basis, accidents or equipment breakdowns, delays in receiving government approvals, unanticipated environmental impacts on operations and costs to remedy same, and other exploration or other risks detailed herein and from time to time in the filings made by the Company with securities regulators. Although the Company has attempted to identify important factors that could cause actual actions, events or results to differ from those described in forward looking statements, there may be other factors that cause such actions, events or results to differ materially from those anticipated. There can be no assurance that forward looking statements will prove to be accurate and accordingly readers are cautioned not to place undue reliance on forward looking statements.

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