



## NORTHERN SUPERIOR RESOURCES INC.

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### NEWS RELEASE - For Immediate Release

#### **Northern Superior Resources Inc. reports high grade gold 92.57 g/t from Trench-3, Croteau Est Gold Property, Chibougamau Gold District, Québec.**

Sudbury, Ontario (October 12, 2011) **Northern Superior Resources Inc.** ("Northern Superior" or the "Company") is pleased to announce that a channel sample returned a gold assay of **92.57 g/t over 1m** from Trench-3 of the Croteau Est Gold Property, Quebec (see accompanying figure). The assay is associated with reported visible gold observed in a quartz vein within a strongly carbonate altered zone with pyrite (see press release, September 21<sup>st</sup>, 2011). This assay is part of a wider shear zone within Trench-3, referred to as the Marco zone, which has a weighted average channel sample assay of **12.8 g/t gold over 7.9 m**. The Marco zone was originally identified within Trench-1 with a reported channel sample gold assay of **3.23 g/t gold over 12.3m** (see press release September 21<sup>st</sup>, 2011). Trench-1 is located 80 meters east of Trench-3.

Running parallel to, and 16m south of the Marco zone within Trench-3 is a second shear zone with a channel sample gold assay of 2.5 g/t gold over 5.05m. This zone is referred to the Dede zone and was also identified in Trench-1 (see press release September 21<sup>st</sup>, 2011). Within Trench-1, the reported Dede zone channel sample returned an assay of 2.11 g/t gold over 11.0m.

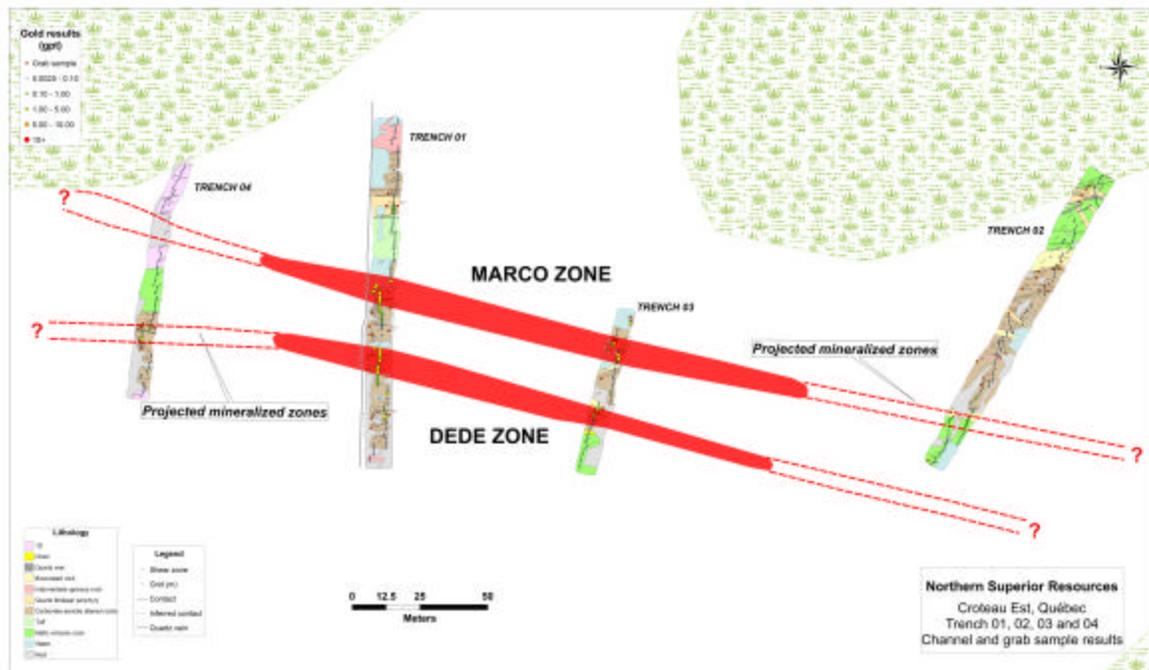
The Marco and Dede zones are located within the Croteau Est deformation and alteration corridor. This corridor is approximately 600m wide and strikes west-northwest to east-southeast. The strike of the Croteau Est deformation and alteration corridor extends beyond the four trenches hosting the Dede and Marco mineralized zones.

In Trench-04, 80 metres west of Trench-01, the Dede zone is represented by highly anomalous gold values over several metres (0.31 g/t gold over 6.30m) indicating the fertility and continuity of the Dede zone westward. Similarly, the Marco mineralized zone is projected to cross Trench-4 within a ~12 m section of this trench. Unfortunately, this section was not channel sampled due to a thick overburden cover that could not be excavated down to bedrock.

In Trench-02, 150 metres to the east of Trench-03, only the Marco zone was intersected as Trench-3 does not extend far enough south to intersect the projected east-southeast extension of the Dede Zone. The Marco Zone returned highly anomalous gold values over several metres (0.19 g/t gold over 5.65m).

Dr. T.F. Morris, President and CEO of Northern Superior states: *"The gold assay results from Trenches 1 through 4 indicate that Croteau Est has the potential to host a large gold-bearing system. These trenches summarizes work completed within a very short period of time (less than 5 weeks) and represents only one of three such shear zones already recognized on the property. To date, 30 trenches have been completed over all three shear zones and exploration continues. This fall, the Company plans to complete*

mapping and sampling of all trenches, complete an airborne geophysical survey and commence a first phase diamond drilling program.”



Trenches 1,2,3 and 4 with location of the Marco and Dede shear zones.

Northern Superior operates the Croteau Est property under an option agreement (see press release, August 23, 2011).

The Company's Qualified Persons ("QP") for the Croteau Est gold property are Donald Boucher, P.Geo. and Michel LeBlanc, P.Geo. As QP's, Mr. Boucher and Mr. LeBlanc have prepared or supervised the preparation of the scientific or technical information for this program and has verified the data disclosed in this press release.

### **About Northern Superior Resources Inc.**

Northern Superior is a junior exploration company focused on exploring for gold and diamonds in the Superior Province of the Canadian Shield. The Company is actively exploring for gold within two important gold districts: the Stull-Wunnimun in Ontario and the Chibougamau in Quebec. The Company has a number of 100% owned properties (see Company web site, [www.nsuperior.com](http://www.nsuperior.com)) within these districts that were identified and developed from the Company's extensive geoscientific data base and from which additional gold exploration projects are being generated. The Company is currently seeking to option-out a number of these properties.

Northern Superior is a reporting issuer in British Columbia, Alberta, Ontario and Quebec, 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 of 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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