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NEWS RELEASE - For Immediate Release

Northern Superior Resources Inc. Recovers Gold-Bearing Boulders up to 727 g/t Gold, Completes Additional Staking, New Growth Gold Property (Annex), Northwestern Ontario.

Sudbury, Ontario (December 7, 2011) Northern Superior Resources Inc. ("Northern Superior" or the "Company") is pleased to announce the recovery of 83 gold-bearing boulders from the Company's fall exploration program. The boulders were recovered on the margins, within, and down-ice of a narrow faulted and sheared greenstone belt that measures at least 7 km in length by 2 km in width (see press release, October 25, 2011). The Company's summer and fall exploration programs were completed under an Early Exploration Benefits Agreement and with the support of Neskantaga First Nation.

The source of gold grains that make up at least the northern half of the Keely Lake gold grain-in-till dispersal corridor are derived from this greenstone belt. Gold grains associated with the southern half of this corridor are derived from an extension of the gold-bearing shear zone that extends west from the adjacent Ti-pa-haa-kaa-ning gold property (see press release, December 6, 2011). The head of this dispersal corridor is clearly defined from geology and the abrupt termination of till samples with gold grains and boulders that are gold-bearing (see Figure 1). The total abundance of pristine gold grains and increasing number of total gold grains increases with proximity to the belt. This is a strong dispersal corridor with gold grain-in-till values that are as high as 1302 grains, 1295 of these grains from this associated sample are pristine (Sample number J425349). The corridor is a minimum of 3.5 km wide and the length of the train is at least 10 km long, the western edge of the corridor clearly defined. The eastern edge is not well defined as distally derived overburden materials occur and are thought to mask the gold grain signature (see press release, December 6 2011).

Dr. T.F. Morris, President and CEO of Northern Superior states: "This is a remarkable discovery that provides a second significant gold exploration target on the New Growth gold property. Our intention in 2012 is to pursue this target through a ground geophysical program (January 2012), immediately followed by a 5000 meter diamond drill program (February 2012)."

Prospecting on the belt produced 100 sheared and/or mineralized boulders and outcrop samples. Of these, 83 were anomalous in gold (>0.005 g/t) including 24 samples between 0.1 and 1.0 g/t, and 9 samples over 1g/t which include;

Sample Number	Type	Gold (g/t)	Silver (g/t)	Copper (%)
L754014	Boulder	727	48.2	<0.01
L755261	Boulder	280	29.4	<0.01
L754025	Boulder	133	4.9	<0.01
L754034	Boulder	7.6	2.78	0.0258
L755065	Boulder	5.93	53.7	1.92

L755268	Boulder	3.37	46	2.35
L755267	Boulder	2.13	37.7	1.455
L754020	Boulder	2.02	0.2	<0.01
L755105	Outcrop	1.425	0.14	0.0196

Sample L754014 (727 g/t Au, 48.2 g/t Ag) contained visible gold observed in a quartz vein with gold grains up to 2 mm diameter (see press released, October 25, 2011). Sample L755261 (280 g/t Au, 29.4 g/t Ag) also contained fine-grained visible gold and was recovered from the same boulder as sample L754014. The lithology of the boulder is a sheared fine-grained mafic volcanic with quartz veining throughout. The boulder measures approximately 3.0 x 2.5 m diameter and is angular in shape suggesting that it has not traveled far from source. Sample L754025 (133 g/t Au, 4.9 g/t Ag) was recovered from a boulder 40 m east of the boulder containing visible gold (L754014), and is of the same lithology, is tabular in shape and measures approximately 2.0 m x 1.0 m. However no visible gold was observed in this rock.

Prospecting and mapping this fall confirmed that much of the area is covered in overburden but several outcrops were identified. A new gold-showing was confirmed from sample L755105 (1.425 g/t Au) collected from an outcropping 15 cm-wide quartz vein hosted within a strongly sheared fine-grained mafic volcanic unit. From the airborne geophysics, the mafic volcanic unit has been transected by a SW-trending, left-handed wrench fault. There is reasonable expectation that the SW-trending fault zone and accompanying bedding-parallel shear zones splaying from it provided extensional pressure gradients, permitting access through the crust for gold-bearing hydrothermal fluids at the time of deformation. Other shear zones related to this SW-trending fault have been confirmed within or on the margins of this deformation zone associated with the adjacent diorite. Sample L755262 was recovered on the north margin of the belt from an outcropping silicified 1.5 m-wide shear zone hosted in a medium-grained diorite which returned values of 0.546 g/t Au, 1.0 g/t Ag.

Much of the recently defined un-explored greenstone belt occurs off the original New Growth property and additional staking was required. As such the company completed a staking program to expand the property to encompass the area believed to host the gold-mineralization. An additional 23 claims (348 units; 5568 hectares) was staked.

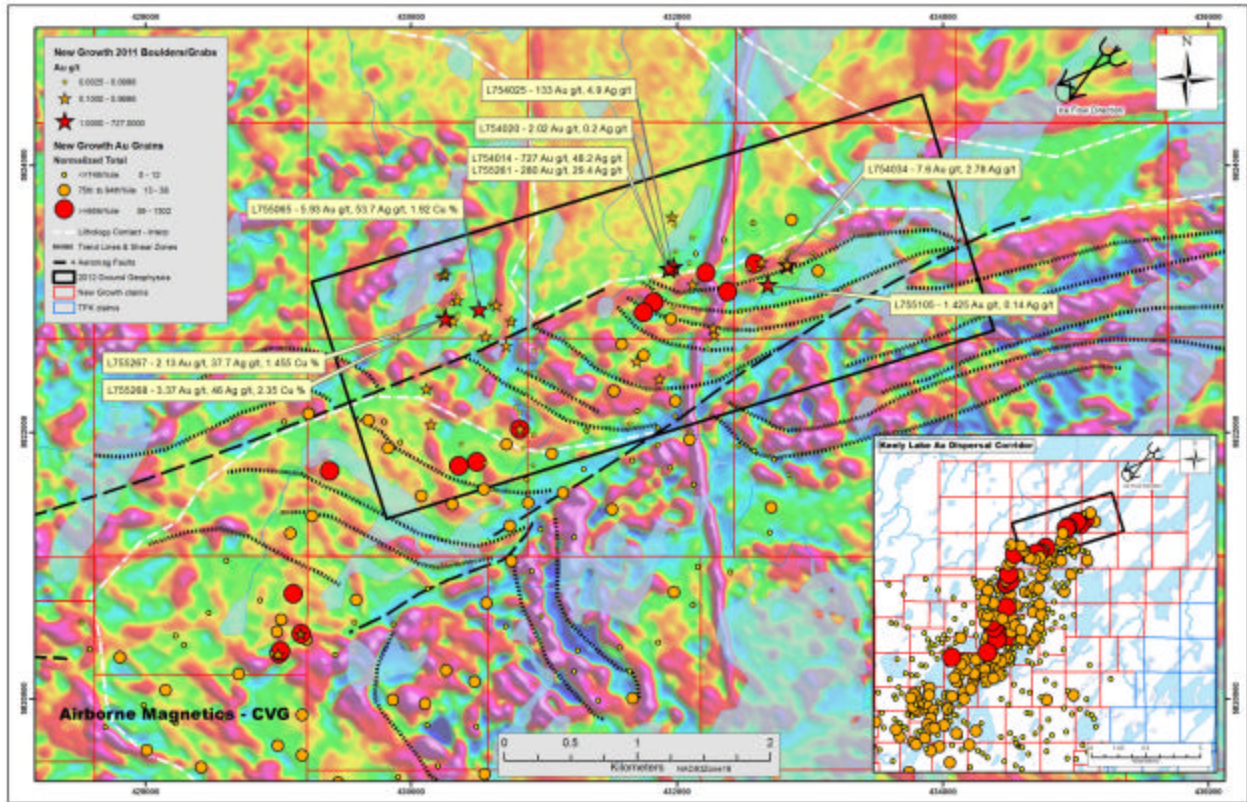


Figure 1: Location of gold-bearing boulders, Keely Lake Dispersal Corridor, and structural interpretation of the faulted, sheared Keely Lake Greenstone belt plotted on the Airborne Magnetics (CVG) survey. The proposed January 2012 ground geophysical survey is represented by the black rectangle.

Quality Control

The Company's Qualified Person ("QP") for the New Growth property is Scott Parsons, M.Sc., P.Geo. As QP, Mr. Parsons has prepared or supervised the preparation of the scientific or technical information for the New Growth Exploration 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-Wunnumun in Ontario and the Chibougamau in Quebec. The Company has a number of 100% owned properties (see Company web site, 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

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