

NEWS RELEASE
For Immediate Release

NORTHERN SUPERIOR REPORTS RESULTS FROM THE GREY FOX ZONE OF THE PHILIBERT PROJECT INCLUDING 2.44 G/T GOLD OVER 21 METRES, 1.78 G/T GOLD OVER 17.5 METRES, AND 1.53 G/T GOLD OVER 15.6 METRES

Sudbury, Ontario, November 15, 2022 - Northern Superior Resources (“Northern Superior” or the “Company”) (TSXV: SUP) (OCTQB: NSUPF) is pleased to report assay results for the Grey Fox zone from its 2022 campaign on the Philibert gold property, located 60 kilometres southwest of Chibougamau, Quebec.

Highlights Include (*Grades uncut; lengths measured along hole, Table 1*):

- 39 holes from the Philibert 2022 campaign remain pending;
- DDH PB-22-383 returned 2.44 g/t Au over 21.0 metres from 57.1 to 78.1 metres including 7.57 g/t Au over 0.9 metres from 57.1 to 58.0 and including 10.89 g/t Au over 4.0 metres from 62.2 to 66.2 metres and 7.80 g/t Au over 2.0 metres from 90.0 to 92.0 metres;
- DDH PB-22-381 returned 1.78 g/t Au over 17.5 metres from 140.0 to 157.5 metres including 4.76 g/t Au over 3.0 metres from 148.5 to 151.5 metres;
- DDH PB-22-376 returned 1.53 g/t Au over 15.6 metres from 96.0 to 111.6 metres including 4.44 g/t Au over 4.0 metres from 96.0 to 100.0 metres; and,
- DDH PB-22-420 returned 2.07 g/t Au over 11.4 metres from 9.6 to 21.0 metres including 5.30 g/t Au over 2.0 metres from 17.0 to 19.0 metres.

Simon Marcotte, President & CEO of Northern Superior, commented: “We are pleased to report these strong results from the Grey Fox zone located at the southeastern extent of the almost 3-kilometre mineralized trend on the Philibert property. We see a clear opportunity to expand the mineralized envelope along strike and at depth. Additionally, very limited drilling has been done north and south of the trend to test for other parallel zones associated with the mineralized corridor which the Company plans to test in future programs. With 39 holes pending at Philibert and the 6,000-metre drill programs at both Lac Surprise and Croteau Est currently in progress, a high level of news flow is to be expected in the months ahead.”

2022 Philibert Project Drill Program – Grey Fox Zone

Northern Superior is reporting results today for twenty drill holes which include the entire 2022 results for the Grey Fox zone, located along the southeastern extent of the current mineralized corridor, which has been defined over 500 metres along strike and up to 250 metres vertical depth. The remaining 39 holes are from the Red Fox, Arctic Fox, and Corsac Fox zones and are expected to be reported in the weeks ahead. The 2022 drill program focused on definition and extension of the mineralized zone along strike. Results include hole **PB-22-383** returning an intersection of **2.44 g/t Au over 21.0 metres from 57.1 to**

78.1 metres and hole **PB-22-381**, drilled down dip, which returned **1.78 g/t Au over 17.5 metres** from **140.0 to 157.5 metres**, highlighting the exceptional continuity of the mineralization. (See section L10000W in Figure 2 below.) Moving along strike to the southeast on section line L09880W, results include hole **PB-22-424** which returned **1.32 g/t Au over 17.0 metres from 53.0 to 70.0 metres** and hole **PB-22-427**, drilled down dip on the same section, which returned **1.08 g/t Au over 19.0 metres from 135.0 to 154.0 metres**. From the southeastern limit of the Grey Fox zone, hole **PB-22-420** returned **2.07 g/t Au over 11.4 metres from 9.6 to 21.0 metres** which is one of the most southern drill holes testing the mineralized corridor and represents an important target for the company in the future to expand along strike and down-plunge. At the northwestern limit of the Grey Fox zone, hole **PB-22-399** intersected **1.37 g/t Au over 6.0 metres from 9.0 to 15.0 metres** and hole **PB-22-368** drilled down dip returned **1.42 g/t Au over 10.1 metres from 108.4 to 118.5 metres** successfully expanding the strike of the zone by 80 metres. Mineralization in the Grey Fox zone is hosted in a quartz rich gabbro part of the Obatogamau Formation with strong ankerite and silicification including dark grey quartz veining and up to 20% disseminated pyrite mineralization. (See Table 1: complete list of results from the Grey Fox Zone, Figure 1: plan view of the drill holes, Figure 2: cross section L10000W and Figure 3: core photo.)

Table 1: Current Press Release Results for the Grey Fox zone

Drill Hole	From (m)	To (m)	Interval (m)	Au (g/t)	Zone
PB-22-368	108.4	118.5	10.1	1.42	Grey Fox - Extension
including	108.4	112.4	4.0	2.16	Grey Fox - Extension
PB-22-371	79.5	99.0	19.5	1.05	Grey Fox
including	87.0	91.5	4.5	1.98	Grey Fox
and	144.0	147.0	3.0	3.71	Grey Fox
PB-22-376	96.0	111.6	15.6	1.53	Grey Fox
including	96.0	100.0	4.0	4.44	Grey Fox
and	154.0	156.2	2.2	1.06	Grey Fox
PB-22-381	30.0	34.5	4.5	0.78	Grey Fox
and	97.3	102.0	4.7	0.86	Grey Fox
and	118.5	121.5	3.0	2.64	Grey Fox
and	140.0	157.5	17.5	1.78	Grey Fox
including	148.5	151.5	3.0	4.76	Grey Fox
PB-22-383	57.1	78.1	21.0	2.44	Grey Fox
including	57.1	58.0	0.9	7.57	Grey Fox
and					
including	62.2	66.2	4.0	10.89	Grey Fox
and	90.0	92.0	2.0	7.80	Grey Fox
including	90.0	91.0	1.0	15.30	Grey Fox
and	101.0	104.0	3.0	1.18	Grey Fox
PB-22-399	9.0	15.0	6.0	1.37	Grey Fox - Extension
including	11.0	13.0	2.0	2.79	Grey Fox - Extension
and	69.6	78.0	8.4	0.50	Grey Fox - Extension

PB-22-402	10.7	33.0	22.3	0.91	Grey Fox
including	31.0	32.0	1.0	5.66	Grey Fox
and	76.0	77.0	1.0	0.54	Grey Fox
PB-22-405	43.5	48.0	4.5	0.61	Grey Fox
including	43.5	45.0	1.5	1.20	Grey Fox
and	74.0	84.0	10.0	1.11	Grey Fox
including	77.0	78.0	1.0	3.11	Grey Fox
and	93.0	95.0	2.0	0.79	Grey Fox
and	103.0	106.0	3.0	0.58	Grey Fox
and	133.5	135.0	1.5	1.33	Grey Fox
PB-22-408	18.0	40.0	22.0	0.76	Grey Fox
including	18.0	19.5	1.5	2.39	Grey Fox
including	39.0	40.0	1.0	3.66	Grey Fox
and	52.0	58.5	6.5	0.99	Grey Fox
including	57.0	58.5	1.5	3.24	Grey Fox
PB-22-410	39.0	43.0	4.0	0.54	Grey Fox
and	80.0	93.0	13.0	1.01	Grey Fox
including	80.0	82.0	2.0	4.33	Grey Fox
and	103.0	106.5	3.5	0.58	Grey Fox
PB-22-419	10.0	30.0	20.0	0.84	Grey Fox
including	14.4	23.0	8.6	1.48	Grey Fox
and	41.0	49.0	8.0	0.87	Grey Fox
including	43.0	44.0	1.0	3.97	Grey Fox
PB-22-420	9.6	21.0	11.4	2.07	Grey Fox
including	17.0	19.0	2.0	5.30	Grey Fox
and	29.0	31.1	2.1	0.88	Grey Fox
and	40.0	41.0	1.0	1.52	Grey Fox
PB-22-422	67.5	103.0	35.5	0.55	Grey Fox
including	73.0	74.0	1.0	3.88	Grey Fox
including	101.0	102.0	1.0	3.51	Grey Fox
and	118.0	119.0	1.0	1.34	Grey Fox
PB-22-423	10.4	11.1	0.7	1.10	Grey Fox
and	31.5	32.3	0.8	0.67	Grey Fox
PB-22-424	53.0	70.0	17.0	1.32	Grey Fox
including	53.0	55.0	2.0	2.94	Grey Fox
including	61.0	62.0	1.0	2.68	Grey Fox
including	67.0	68.0	1.0	2.93	Grey Fox
PB-22-425	34.0	43.0	9.0	0.91	Grey Fox
including	39.0	41.0	2.0	2.74	Grey Fox
PB-22-426	14.0	15.0	1.0	1.29	Grey Fox
and	27.8	35.0	7.2	0.66	Grey Fox
PB-22-427	41.0	45.6	4.6	0.76	Grey Fox

and	135.0	154.0	19.0	1.08	Grey Fox
including	135.0	139.0	4.0	3.10	Grey Fox
including	145.5	146.5	1.0	3.06	Grey Fox
PB-22-429	49.0	50.5	1.5	0.57	Grey Fox
and	73.5	92.0	18.5	0.57	Grey Fox
including	81.0	82.0	1.0	3.92	Grey Fox
PB-22-430	37.5	38.5	1.0	6.88	Grey Fox
and	61.5	70.0	8.5	0.58	Grey Fox
and	78.5	92.0	13.5	0.45	Grey Fox

Note: drill results are presented uncapped; lengths represent core lengths.

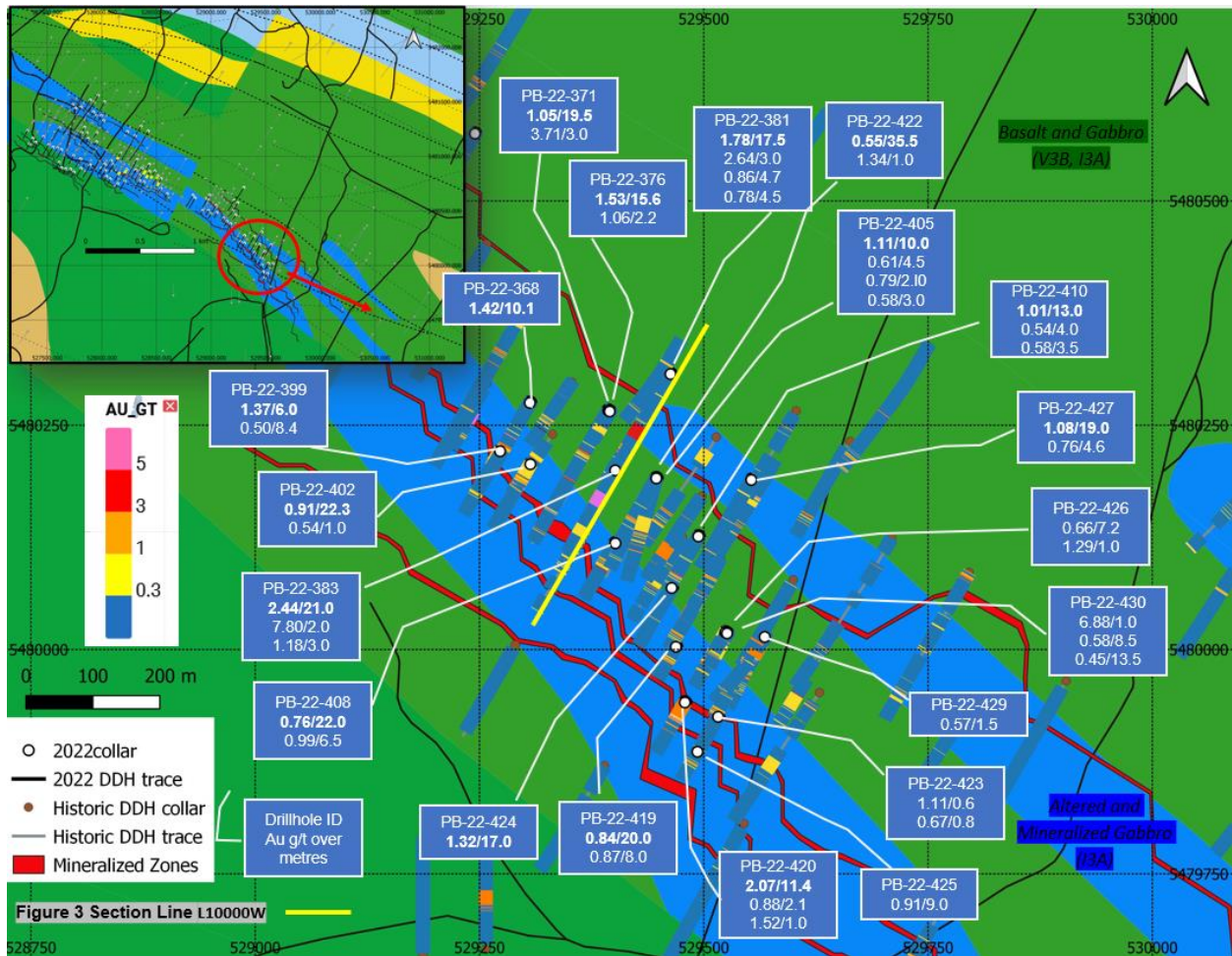


Figure 1: Plan view of Press Release Results for the Grey Fox zone

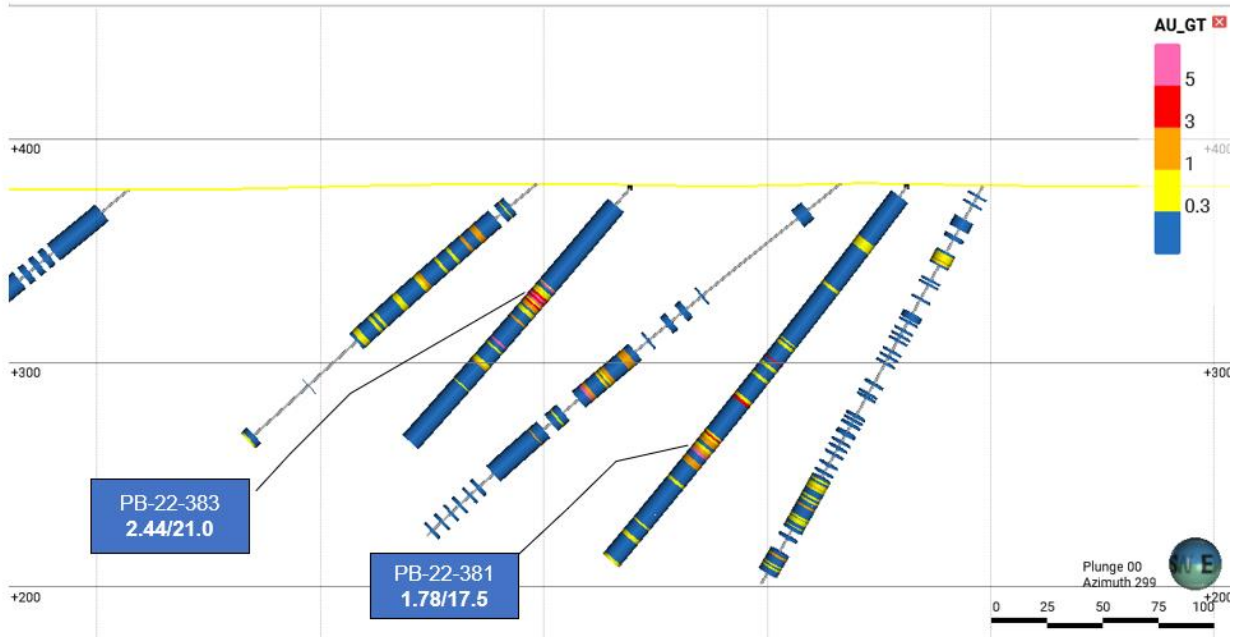


Figure 2: Section L10000W – 60-metre width, showing holes PB-22-383 and PB-22-381 – Grey Fox zone
Figure 1 shows the location of the section line.

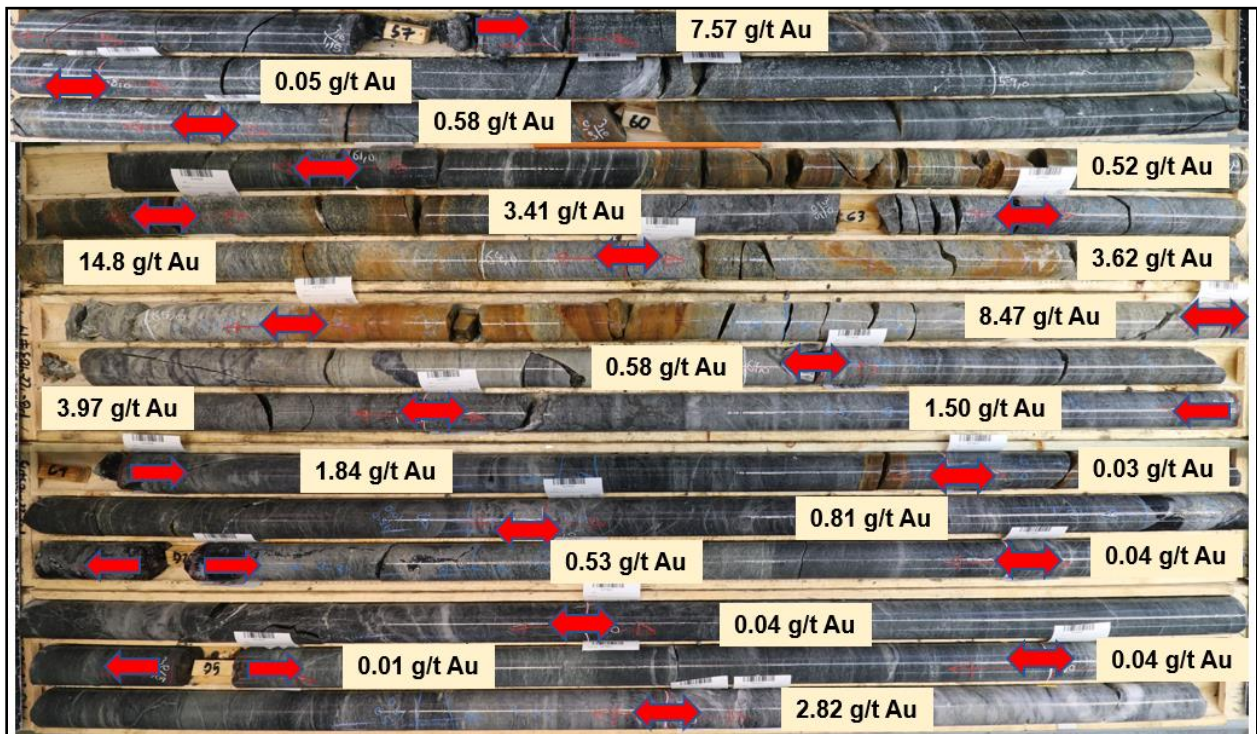


Figure 3: PB-22-383 – Grey Fox zone 2.44 over 21.0 metres from 57.1 to 78.1 metres



Sampling and Laboratory

True widths of the intercepts reported in this press release have yet to be determined but are estimated to be 60% to 70% of reported core lengths. Samples were shipped to AGAT Laboratories with sample preparation done in Val-d'Or, QC and sample analysis done in Mississauga, ON. For the 2022 program all samples are being analyzed by fire assay with atomic absorption finish and samples returning values over 10 ppm Au are re-analyzed, utilizing standard Fire Assay-Gravimetric methods. The quality assurance and quality control protocol include insertion of blank and standard every 25 samples on average, in addition to the regular insertion of blank, duplicate, and standard samples inserted by AGAT Laboratories during the analytical process.

Qualified Person

Adree DeLazzer (P.Geo. Limited) is a Qualified Person ("QP") within the meaning of National Instrument 43-101. Ms. DeLazzer has reviewed and approved all technical information disclosed in this press release. Ms. DeLazzer is the acting Vice President Exploration of the Company and is not considered independent.

About Northern Superior Resources Inc.

Northern Superior is a gold exploration company focused on the Chapais-Chibougamau Camp in Quebec. The Company has consolidated the largest land package in the region, with total land holdings currently exceeding 62,000 hectares. The main properties include Philibert, Lac Surprise, Chevrier and Croteau Est. The Philibert Project is located 9km from IAMGOLD Corporation's Nelligan Gold project which was awarded the "Discovery of the Year" by the Quebec Mineral Exploration Association (AEMQ) in 2019.

To date, more than C\$13 million (historical value) have been spent on the Philibert Project, with more than 75,000 metres of drilling completed. The Philibert Project is owned by SOQUEM; the Company is currently undergoing an ownership option process, details of which can be found in the corporate presentation. Chevrier hosts an inferred mineral resource of 652,000 ounces Au and an indicated mineral resource of 260,000 ounces Au. Croteau Est hosts an inferred mineral resource of 640,000 ounces Au. Lac Surprise hosts the Falcon Zone Discovery, the western strike extension of IAMGOLD Corporation's Nelligan Deposit. Northern Superior also owns significant exploration assets in Northern Ontario highlighted by the district scale TPK Project.

Northern Superior is a reporting issuer in British Columbia, Alberta, Ontario and Quebec, and trades on the TSX Venture Exchange under the symbol SUP, and the OTCQB Venture Market under the symbol NSUPF.

For further information, please refer to the Company's website at www.nsuperior.com or on SEDAR (www.sedar.com).



About SOQUEM

SOQUEM, a subsidiary of *Investissement Québec*, is dedicated to promoting the exploration, discovery, and development of mining properties in Quebec. SOQUEM also contributes to maintaining strong local economies. Proud partner and ambassador for the development of Quebec's mineral wealth, SOQUEM relies on innovation, research, and strategic minerals to be well-positioned for the future.

Northern Superior Resources Inc. on Behalf of the Board of Directors

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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 applicable 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.