Northern Superior Resources Inc. Intersects Gold-Bearing Rock, Croteau Est Gold Property, Chibougamau Mining District, West-Central Quebec

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SUDBURY, ONTARIO -- (Marketwire - Dec. 19, 2011) - Northern Superior Resources Inc. (“Northern Superior“ or the “Company“) (TSX VENTURE: SUP) is pleased to announce that visible gold was intersected at four intervals within two of six drill holes completed thus far during the Company's fall drilling program on its Croteau Est gold property, Chibougamau Mining District, west-central Québec.

This now makes five locations where the Company has identified visible gold within the 120 m wide Croteau-Marco deformation and alteration corridor. The first visible gold occurrence within this corridor was previously reported from the mineralized Marco shear zone in Trench- 03 where a channel sample adjacent to the visible gold occurrence returned 92.57 g/t gold over one metre (see press release October 12, 2011). Both the Marco and Dede shears occur in all four trenches completed over the Croteau-Marco deformation and alteration corridor defining a strike length of 330 m for these two these shear zones, which remain open along strike (see press release September 21, 2011).

Visible gold was intersected at three different locations within drill hole CRO11-05, collared 10.0 m east and 125 m south of the gold bearing zones that were reported previously in Trench- 01 (Dede Zone 3.23 g/t gold over 12.3 m and Marco Zone 2.11 g/t gold over 11.0 m- averaging equivalent of 1.9 g/t gold over 33.8 m, see press release September 21st, 2011). Visible gold was intersected within three milky white quartz veins: the first between 173.90 to 175.0 m (1.1 m intersection), the second between 182.6 and 188.5 m (5.9 m intersection) and the third within a centimeter vein at 240.15 m (all widths are not true widths).

Visible gold was intersected at 28.4 m and was observed along the margin of a 3 cm wide quartz vein within drill hole CRO11-06. This drill hole was collared 50 metres west of CRO11-05. (Note: samples have been slabbed and submitted for assay).

Dr. T.F. Morris, President and CEO of Northern Superior states: “To have discovered rock bearing visible gold at five locations along a strike length of 125 metres so early in our fall exploration programs is very exciting. Although we do not understand the relationship and geometry of these gold occurrences yet, we look forward to continuing our drill program on this property to better define and extend these zones, open along strike in both directions and at depth. The Company's 2012 winter drill program will also test new targets to the east of these discoveries along this fertile deformation and alteration corridor which extends 8 kilometers across the Croteau Est gold property to the adjacent Gwillim gold mine (see press release August 24, 2011). It is important for our shareholders to understand that the Croteau Est gold project is one of three important and exciting exploration programs that Northern Superior Resources will be focused on through 2012.“

To view “Figure 1“, please visit the following link: http://media3.marketwire.com/docs/sup_figure1.pdf.

Within CRO11-05 the upper milky white quartz vein (173.90 to 175.0 m) is hosted within a mineralized (approximately 5% pyrite) carbonated and silicified schist unit. Visible gold specs are present along both contacts of the vein containing approximately one percent disseminated pyrite and trace chalcopyrite. The second vein located (182.6 to 188.5 m) is also hosted by a mineralized (approximately 5% pyrite) carbonated and silicified schist unit containing short intervals of highly altered porphyry dike above and below the vein. The visible gold is present at several locations within micro fractures of the quartz vein which also contains approximately 5% pyrite and chalcopyrite. Gold grains are generally less than 1.0 mm in size although larger spcecs occur. The third vein (centimeter thick, 240.15 m) is part of a zone extending from 240.0 to 248.0 m that consists of quartz veining in a carbonate sericite schist with up to approximately 2% disseminated pyrite.

Within CR011-06 the quartz vein which the visible gold is associated with (28.4 m) crosscutts a strongly sericitized and silicified quartz porphyry dike. This porphyry dike was intersected in the hole from 18.0 to 35.1 m, however, the veining and silicification is strongest between 26.0 to 35.1 m: a 9.1 m intersection that also contains approximately 2 % disseminated pyrite.

The current diamond drill program is part of a planned 25 hole, 5,000 m program that Northern Superior intends to complete by the end of the second quarter 2012. 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) 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 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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