Medicine Springs – Review of Rock Sample Results

March 7, 2019 **CSE Symbol: NLR**

***Vancouver, British Columbia*. Northern Lights Resources Corp.** (the "Company" or "Northern Lights") is pleased to announce the assay results and interpretation of surface rock sampling completed from August to November 2018 on the Company's Medicine Springs project ("Medicine Springs", "Medicine" or the "Property") in Elko County, Nevada.

Selected rock sample assays shown in **Table 1** highlight the presence of high-grade silver zinc and lead mineralization on the Medicine Springs Project. (see full list of results shown in **Appendix 1** to this news release). Note the selected rock samples are not necessarily representative of the mineralization hosted on the property or in the dumps. The rock sample QA/QC Procedures and Protocol for the samples is detailed in **Appendix 1**.

Table 1: Selected Rock Sample Assays

Sample ID	Location	Ag g/t	Pb %	Zn %
MS - 5	Dump by GP Shaft	142	9.4	0.3
MS - 6	Dump by GP Shaft	131	3.1	0.4
MS - 9	Historic Prospect Pit	90	1.3	-
MS - 13	Dump by GP Shaft	165	4.1	0.5
MS - 24	Dump by Silver Butte Shaft	559	10.1	6.2
MS - 26	Shaft dump	113	1.7	1.1
MS - 28	Dump Grab from Prospect Pit	154	6.2	0.8
MS - 32	Historic Prospect Pit	183	1.7	0.4
MS - 33	Dump grab from Trenched Vein	93	5.7	0.8

Northern Lights, Head of Geology, Gary Artmont commented: *"The geological and geochemical characteristics of the Medicine Springs mineralization strongly suggest a distal carbonate replacement setting related to a concealed molybdenum porphyry system. The geochemical signature and style of mineralization observed at Medicine is similar to other carbonate-hosted, Ag-rich base metal veins, CRD and skarns deposits developed peripheral or above copper-molybdenum porphyry stocks."*

As illustrated on **Figure 1**, a new base metal belt is emerging in northeast Nevada that includes the Medicine property. This belt contains a wide variety of mineralized settings including copper and molybdenum porphyries, proximal base metal skarns, distal CRD and Carlin disseminated gold deposits. The notable porphyry deposits include Mt. Hope and Robinson to the south of Medicine Springs and the West Butte and Spruce Mt. advanced prospects to the northeast of Medicine Springs.

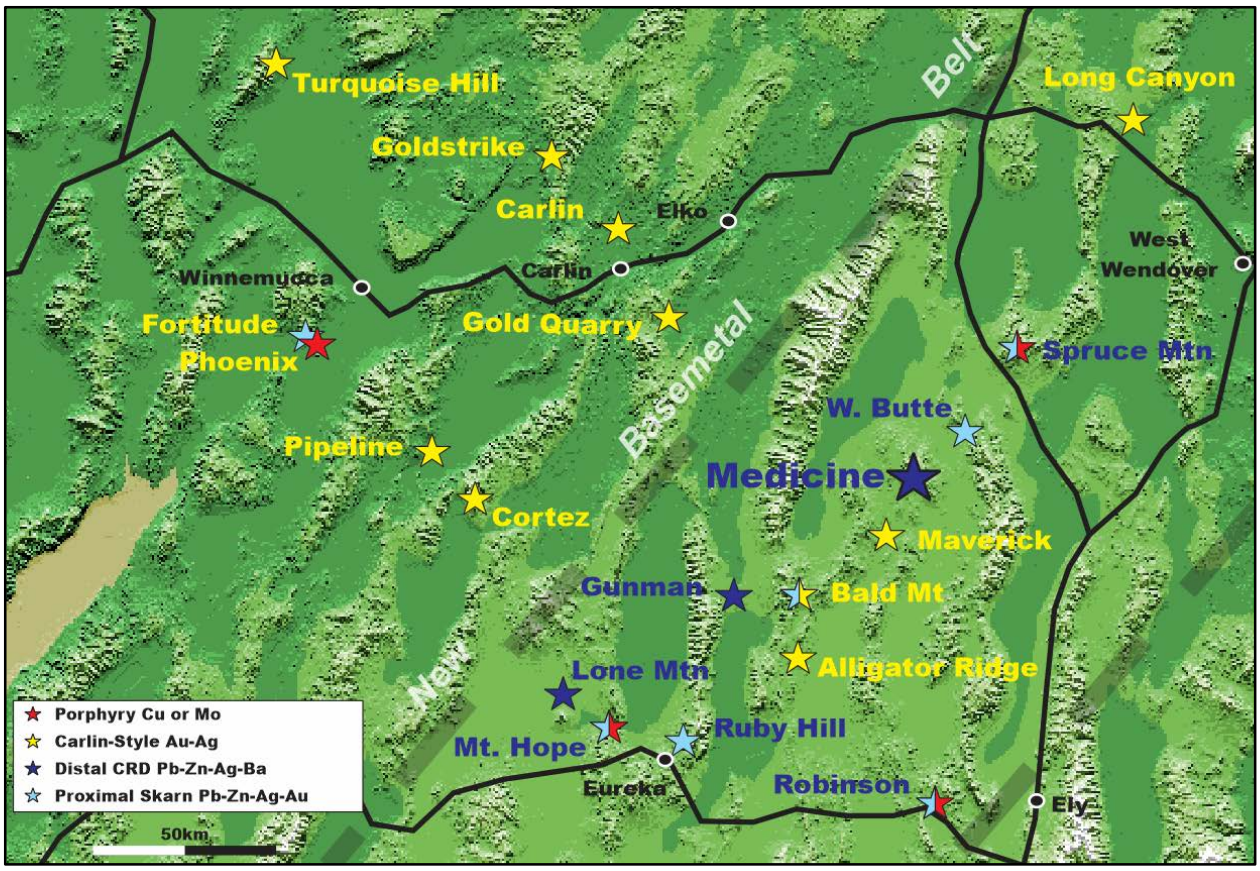

Figure 1: Emerging Silver-Rich Base Metal Belt - Northeast Nevada

As illustrated on **Figures 1** and **2**, surface mapping has defined 2 zones of alteration:

The northern zone is approximately 600 meter in length and up to 500 meters in width and has been tested by 117 very shallow RC drill holes (average depth 43 m); and

The southern zone encompasses the Silver Butte shafts and surface workings and measures 2300 meters in length and up to 800 meters in width.

Both alteration zones are hosted Permian sandy to silty limestones which are in part fossiliferous. The Golden Pipe mineralized trend has been identified in drill hole JS-105 which is located an additional 850 meters to the northeast into a colluvium covered salt pan.

The alteration zones are dominated by a sericite-carbonate-FeOx developed between a series of subparallel northeast trending faults which have in part controlled the

emplacement of intrusive dykes. The alteration zones also contain fault-controlled jasperoids cut by late high-grade barite-zinc-lead-silver veins.

With reference **Figure 3**, a total 43 samples were collected from outcrop, shaft collars and mine dumps with the assay results summarized in **Table 1** and **Appendix 1**. Silver assays ranged from less than 1 g/t to a maximum of 559 g/t (150 m west of Silver Butte north shaft) with 16 samples returning assays greater than 30 g/t. The best silver assays were obtained from dumps and shaft samples collected from the Golden Pipe and Silver Butte prospects. Silver is associated with high levels of barite, lead and zinc. Trace elements include anomalous values in As, Sb, Hg, Mn and Mo and weaker but still significant levels of Se, W, and Sr. As illustrated on **Figures 3** and **4**, the anomalous sample locations exhibit a good correlation with zones of high resistivity that appears to be related to sericite-carbonate alteration. The correlation with the intrusive dykes is poor possibly due to under sampling.

At the Medicine property, the carbonates exhibit weak hornfelsing and marbleization which is associated weak to moderate, irregular sericite-carbonate-FeOx alteration. This style of alteration appears to reflect a distal position peripheral to a concealed porphyry stock located somewhere on the property. Importantly, the trace elements that include Mo, Sr, and W indicate an intrusive provenance while Pb, Zn, As, Sb, Hg, Mn and Ag reflective a distal carbonate replacement setting similar to the Lone Mt. and Gunman base metal deposits located to the southwest.

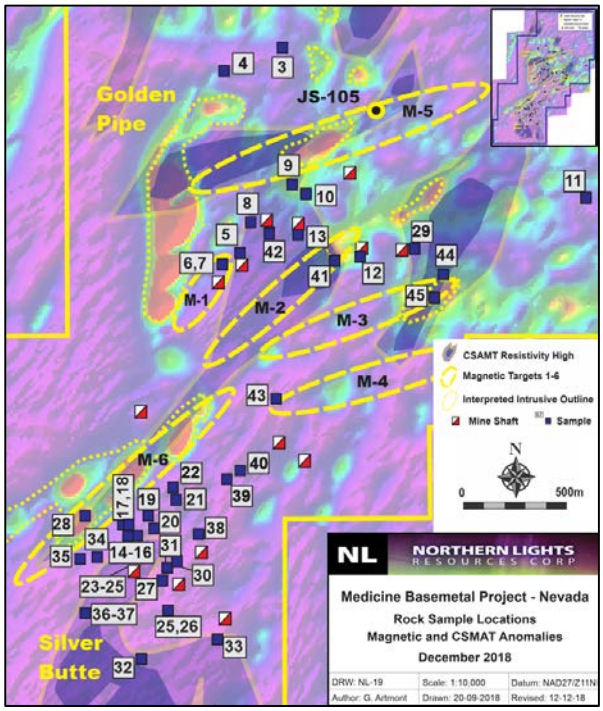

Figure 2: Sample Locations & Targets

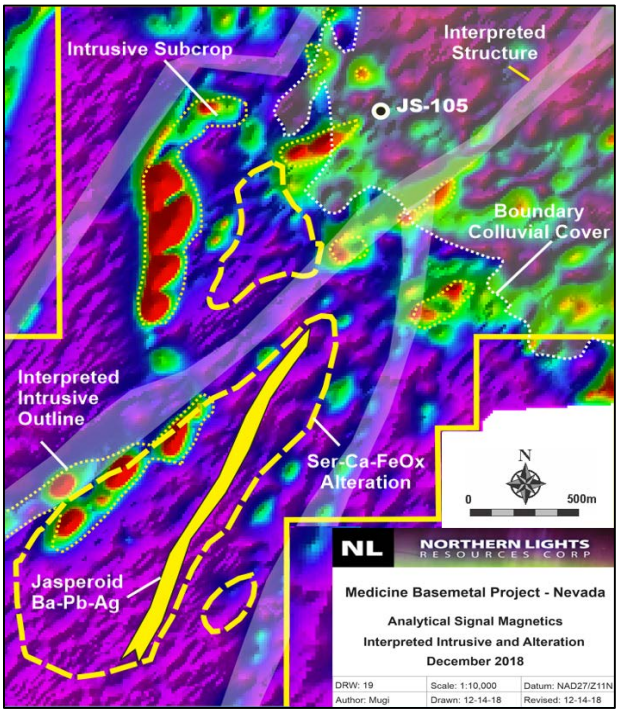

Figure 3: Alteration Zone & Granite Dykes

With reference to **Figure 4**, the Taylor silver-rich lead-zinc deposit being developed by South32 in Arizona is situated approximately 2 kilometers to the east of the Sunnyside copper-silver porphyry stock. The Taylor mineralization is hosted by Permian carbonates that have been altered to calc-silicate skarns with minor copper and negligible gold values. Using Taylor's alteration pattern and geochemistry as geological analogue, the Medicine Springs oxide mineralization is located at a greater distance from the contact of a concealed porphyry intrusive stock.

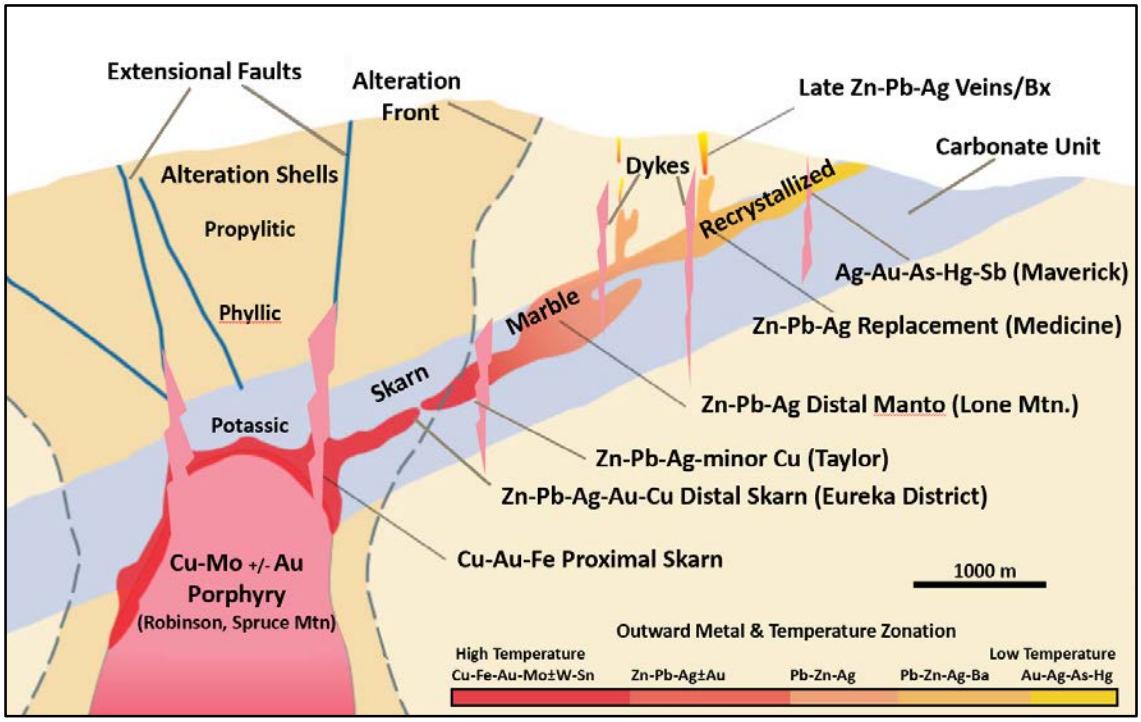

Figure 4: Intrusive Related Carbonate Replacement Geological Model

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About Northern Lights Resources Corp.

Northern Lights Resources Corp is a growth oriented exploration and development company that is advancing the Medicine Springs Project located in Nevada. Northern Lights has entered into an agreement to acquire 100% equity interest in the Medicine Springs Project, a prospective silver-zinc-lead property located in southeastern Elko County, Nevada.

The scientific and technical data contained in this news release was reviewed and approved by Gary Artmont, a non-independent qualified person to Northern Lights Resources, who is responsible for ensuring that the geologic information provided in this news release is accurate and who acts as a "qualified person" under National Instrument 43-101 Standards of Disclosure for Mineral Projects.

Northern Lights Resources trades under the ticker of "NLR" on the CSE. This and other Northern Lights Resources news releases can be viewed at www.sedar.com and www.northernlightsresources.com.

CAUTIONARY STATEMENT REGARDING FORWARD-LOOKING INFORMATION: This news release includes certain "forward-looking statements" under applicable Canadian securities legislation. Forward-looking statements include, but are not limited to, statements with respect to: the terms and conditions of the proposed private placement; use of funds; the business and operations of the Company after the proposed closing of the Offering. Forward-looking statements are necessarily based upon a number of estimates and assumptions that, while considered reasonable, are subject to known and unknown risks, uncertainties, and other factors which may cause the actual results and future events to differ materially from those expressed or implied by such forward-looking statements. Such factors include, but are not limited to: general business, economic, competitive, political and social uncertainties; delay or failure to receive board, shareholder or regulatory approvals; and the uncertainties surrounding the mineral exploration industry. There can be no assurance that such statements will prove to be accurate, as actual results and future events could differ materially from those anticipated in such statements. Accordingly, readers should not place undue reliance on forward looking statements. The Company disclaims any intention or obligation to update or revise any forward-looking statements, whether as a result of new information, future events or otherwise, except as required by law.

Appendix 1: Rock Sample Assays Medicine Springs

SAMPLE NO.	Ag	Pb	Zn	Ba	As	Sb	Hg	Se	Mn	Cu	Mo	Bi	U	Sr	W	Sn
UNIT	ppm	ppm	ppm	ppm	ppm	ppm	ppm	ppm	ppm	ppm	ppm	ppm	ppm	ppm	ppm	ppm
SETTING		CARBONATE	REPLACEMENT				CARLIN						INTRUSIVE			
MS-1	42	11400	38700	650	684	114	58.9	3	1740	67.8	4.68	0.04	6.84	256	0.27	1.5
MS-2	0.37	65.7	419	2960	21.8	3.53	0.62	0.9	68	6	0.24	0.01	0.7	476	1.52	<0.2
MS-3	4.44	1050	598	3100	160	53.1	0.6	1.9	326	15	7.04	0.02	0.99	118	107.5	0.2
MS-4	1.41	2310	2110	800	3750	345	3.96	82.4	247	18	23.1	1.49	27.3	390	11.5	0.3
MS-5	142	93800	3360	230	76.3	113.5	38.8	18.8	251	51.4	4.69	0.04	3.58	341	5.29	0.9
MS-6	131	30600	4440	820	117	103.5	5.35	41.1	603	144.5	7.03	0.05	1.74	116.5	25.7	1
MS-7	13	2540	1160	190	82.3	41.4	1.64	4.7	38	13.5	2.12	0.02	0.56	396	6.08	0.4
MS-8	16.95	18150	50	190	122.5	44.2	0.7	89	113	12.2	3.84	0.05	1.19	220	4.44	1.3
MS-9	90.1	12550	57	290	18.8	25.9	56.4	1.3	75	5.6	3.09	0.03	0.33	239	0.63	0.8
MS-9 Dup	1.92	521	159	2100	104.5	14.4	1.05	9.3	39	26.6	5.15	0.02	0.79	113	1.42	<0.2
MS-10	37	21800	16150	1420	120	26.7	13.4	10.6	80	40.7	8.2	0.04	2.2	347	3.49	0.7
MS-11	0.74	277	360	1600	48.5	6.83	0.25	0.4	66	21	2.28	0.03	1.21	41.5	5.33	<0.2
MS-12	13.4	7650	414	1550	177.5	44.4	0.7	1	298	20.9	2.21	0.03	1.36	360	19.3	0.2
MS-13	165	40700	5290	2050	325	411	7.24	3.7	6690	47.9	92.6	0.04	19	219	4.79	1
MS-14	5.72	420	600	1610	3820	13.45	1.58	6.9	640	20	3.25	0.07	2.72	53.8	0.47	1.4
MS-15	5.63	3090	2890	2790	1300	29.5	3.05	0.9	2090	11	1.33	0.02	1.37	333	0.21	0.6
MS-16	2.34	281	3230	2190	2360	32.4	1.06	3.4	3820	9.5	1.43	0.03	1.81	191.5	0.19	0.3
MS-17	81.3	28100	1360	1940	4640	62.1	1.8	2.8	1460	25.6	61.1	0.08	7.95	139.5	1.97	0.5
MS-18	7.48	562	560	1880	4450	23.1	1.22	1.9	906	34.9	2.72	0.1	4.31	74	0.28	2.4
MS-19	7.75	10035	1180	1640	1020	32.4	0.5	0.7	2860	3.9	4.79	0.04	4.84	202	0.31	0.2
MS-20	11.95	2200	8090	2290	1320	32	5.49	2.9	803	11.9	1.46	0.02	2.6	175.5	1.63	0.8
MS-21	145	41000	1740	120	557	218	1.31	6.6	2680	21.8	2.44	0.05	2.72	226	1.33	0.5
MS-22	0.96	452	1260	1320	712	65.1	0.56	1.5	259	7.4	3.92	0.03	2.05	124	0.98	0.5
MS-23	14.95	7420	61300	2810	69.7	136.5	24.4	3.1	8300	227	4.14	0.02	4.17	166.5	0.39	0.4
MS-24	559	100550	61800	140	171.5	166.5	69.4	20.7	5620	44.3	10.65	0.05	15	324	1.89	1.1
MS-25	107	25300	17500	410	234	316	26.6	11.1	2710	90.7	7.56	0.04	4.59	284	3.48	0.7
MS-26	113	17250	11250	250	873	89.4	14.35	12.3	178	10.6	3.76	0.04	5.47	394	1.54	0.4
MS-27	6.67	6360	4480	2440	609	42.1	1.59	20.7	137	16.2	13.3	0.05	9.52	399	5.04	0.2
MS-28	154	61800	7820	1350	780	2190	12.55	1.3	20200	45.2	4.97	0.88	2.11	306	2.3	0.7
MS-28 Dup	3.45	4410	3000	3540	254	61.9	0.51	0.2	28200	17.8	4.91	0.03	3.82	86.5	0.86	<0.2
MS-29	0.39	317	197	3050	173.5	43.4	0.23	0.5	550	47.1	1.07	0.03	1.41	189.5	18.95	<0.2
MS-30	8.69	7420	2840	2640	841	123.5	1.75	0.4	244	25.9	8.22	0.05	2.91	140.5	129	1
MS-31	8.78	3560	2160	2130	558	79.8	1.59	0.8	43	21.3	3.09	0.03	1.13	242	91.3	0.8
MS-32	183	17400	3750	1250	52.1	93.7	11.35	4	37	43.5	1.56	0.02	0.52	248	11.85	0.2
MS-33	93.2	57300	2180	1290	86.9	216	18.1	38	307	112.5	2.17	0.04	4.06	256	0.33	0.6
MS-34	1.2	2910	3780	1820	502	40.2	2.64	1.3	2190	13.2	6.44	0.03	2.85	62.5	3.15	0.2
MS-35	56.6	40700	8560	150	529	60.1	14.05	21.1	876	25.9	12.2	0.06	3.52	172.5	2.22	0.4
MS-36	91.6	27000	28800	1210	207	190.5	31.9	10.7	4780	63.8	9.03	0.05	7.17	114.5	2.52	0.7
MS-37	3.45	862	1860	1420	10	38.9	1.07	0.2	269	2.3	0.23	<0.01	0.38	186.5	0.08	<0.2
MS-38	5.59	448	372	1090	36.3	6.57	0.2	0.3	210	3	1.15	0.01	0.64	368	3.69	<0.2
MS-39	30	7670	2090	1630	119	285	3.64	1.2	159	22	13	0.02	1.88	128.5	181	2.6
MS-40	19.55	7110	5420	1470	339	578	1.29	0.8	667	19.9	12.7	0.02	3.68	187.5	171.5	0.5
MS-41	4.9	1710	106	190	43.9	10.45	0.53	12.4	41	5.4	1.17	0.03	0.82	148	7.81	0.3
MS-42	0.25	86.7	81	610	5.5	3.65	0.06	0.7	728	2.7	0.32	0.03	0.62	128.5	1.92	<0.2
MS-43	42.6	2920	881	1600	24.8	97.2	3.04	3.9	37	54.2	3.14	0.01	0.34	167	37.1	1.9
MS-44	0.42	134	156	1650	193	36.5	0.15	0.7	469	64.8	0.93	0.05	0.44	245	26.3	<0.2
MS-45	0.29	91.7	87	1140	191	61.9	0.09	0.6	448	80.8	0.86	0.06	1.03	192	9.94	<0.2

Sample QA/QC Procedures and Protocol

All rock samples were collected by W. Tafuri PhD., consulting geologist to Northern Lights, during field examination of the Medicine Springs project during the months of August to November 2018.

A total of 45 samples were collected from outcrop and dumps located on the Property. Sample locations are indicated in Figure 2, above. W. Tafuri collected the rock material which was placed in olefin sample bags which were then delivered to ALS Global for sample preparation and analysis. After collecting, bagging, and sealing the rock samples in the field, the W. Tafuri maintained a rigid chain of custody before delivering the samples to ALS Global – Geochemistry Analytical Lab depot located in Elko Nevada.

The entire rock sample is dried, crushed to 70% passing 2 mm, and split and passed through a Jones Riffle Splitter to recover a 300-gram sub-sample which is then pulverized to 85% passing 75 microns. A 5-gram representative sub-sample is then collected from

the 300-gram sample which is then digested with HNO3+HCl for two hours in borosilicate. The digested samples are read on a ICP-AES (Inductively coupled plasma atomic emission spectroscopy). The concentration of Pb-Zn-Ag, the metals of interest, are determined as part of multi element ICP package. Overage limits for these metals, if any, are then determined by a high-grade ore analysis (ICP) again using a 5-gram charge from the 300-gram sub-sample.

Due to the small sample population, no third-party certified standards are submitted with the samples but ALS Global document internal standards and blanks consistent with QA/QC protocols which are considered adequate by G. Artmont, the QP for this news release.

ALS Global is completely independent of the Qualified Persons described in this news release and in-turn, the Company, in all aspects. ALS Global is a fully-certified, internationally recognized analytical laboratory for the minerals industry.