

CANADIAN SUPERIOR ENERGY INC.
(the "Company")

INSTRUCTIONS TO CREDITORS

August 18, 2009

TO: CREDITORS OF THE COMPANY

Re: Meeting of the Creditors of the Company to consider and vote on a resolution to approve the Company's Plan of Arrangement pursuant to the Companies' Creditors Arrangement Act (Canada) (the "Plan")

We enclose in this package the following documents for your review and consideration:

1. Notice to Creditors;
2. the Plan proposed by the Company;
3. the Monitor's Report regarding the Creditors' Meeting; and
4. a blank Instrument of Proxy, completion instructions and a return envelope.

Capitalized terms not otherwise defined herein shall have the meanings ascribed thereto in the Plan.

The purpose of these materials is to provide you with the documents required to facilitate the determination and settlement of your Affected Claims, and to enable you to consider the Plan and vote to accept or reject the Plan at the Meeting of Creditors to be held on **Friday, September 11, 2009 at 10:00 a.m.** at the offices of Borden Ladner Gervais LLP, 1000, 400 Third Avenue S.W., Calgary, Alberta T2P 4H2 (the "Creditors' Meeting").

PROXY

If a Creditor wishes to vote at the Creditors' Meeting and is not an individual or is an individual who will not be attending the Creditors' Meeting in person, please complete the enclosed Instrument of Proxy and provide it to the Monitor, using the enclosed envelope, or by sending it to the Monitor by facsimile transmission to (403-640-0591) so that it is received by the Monitor no later than 5:00 p.m. (MDT) on September 10, 2009. You are required to provide the Instrument of Proxy to the Monitor by this deadline or to the Chair prior to the commencement of the Creditors' Meeting if you wish to appoint a proxy to cast your vote at the Creditors' Meeting. However, your failure to vote at the Creditors' Meeting will not affect any right you have to receive any distribution that may be made to Affected Creditors under the Plan.

FURTHER INFORMATION

If you have any questions regarding the process or any of the enclosed forms, please contact Hardie & Kelly Inc. at the following address:

Hardie & Kelly Inc.
Court Appointed Monitor
206, 5800 – 2nd Street SW
Calgary, Alberta T2H 0H2
Attention: Marc Kelly
Telephone: (403) 252-1766
Fax: (403) 640-0591

You can view copies of the documents relating to this process on the Monitor's website at www.insolvency.net