

NEWS RELEASE

FOR IMMEDIATE RELEASE



Monday, March 2, 2020

MOUNTAIN VALLEY MD HOLDINGS INC. COMMENCES TRADING ON CSE UNDER TICKER “MVMD”

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VANCOUVER, March 2, 2020 /TheNewswire/ - **MOUNTAIN VALLEY MD HOLDINGS INC. (formerly Meadow Bay Gold Corporation) (“MVMD” or the “Company”)** is pleased to announce today that, further to its news release on February 26, 2020, the common shares of the company commence trading today, March 2, 2020, on the Canadian Securities Exchange (“**CSE**”) under the new ticker symbol “**MVMD**” .

“This is a very exciting milestone for the Mountain Valley MD team and our shareholders,” said Dennis Hancock, President & CEO of the Company. “This is an important step for the Company as we increase our visibility on the global stage and diversify our partner and shareholder base.”

Through its wholly owned subsidiary, Mountain Valley MD Inc., MVMD is building a world-class health and wellness organization centred around the implementation of patented oral delivery technologies to create industry leading products that are sought out globally. The Company’s management and team of employees, consultants and advisors bring together world-class leadership across mucosal delivery sciences, molecular research, IP and legal management, marketing, distribution and financial services.

Additional information in respect of the Company's business and management team is available in the Company's listing statement, which is filed on the Company's SEDAR profile (www.sedar.com).

Key Company Highlights:

- MVMD continues to move aggressively forward on activities that support the Company’s vision to develop and optimize a leading health and wellness ecosystem. The ability for MVMD to participate in the sizeable health and wellness market comes from the Company’s patented desiccated liposome intellectual property portfolio.
- The Company believes that its proposition for delivering formulations that have rapid onset, with high bioavailability, with precision dosing technology, will be core

to the Company's success across key health and wellness categories, including pain management, weight loss, energy, focus, sleep, anxiety, libido and more. The Company's delivery technology includes two fast-acting, rapid dissolving applications, (1) oral dissolving film and (2) stick pack powder, both of which are dissolved easily under the tongue for transmucosal delivery.

- MVMD has been working on significant product development activities and management anticipates finalizing some key initial commercial agreements in the coming months for energy, sleep and nicotine products.
- The Company is beginning to conduct key research and development projects related to its desiccated liposome IP portfolio, including work on a sublingual thin strip delivery application of a CBD/THC based pain product and an insulin product. Following encouraging results from rounds of internal testing on both product prototypes, MVMD is moving forward to undertake human proof of concept pharmacokinetic studies for the pain sublingual thin strip product, and diabetes canine trials for the insulin sublingual thin strip product. The goal of these studies is to compare the pain and insulin thin strip products against potentially competing products already on the market, in an effort to demonstrate superior onset and bioavailability, consistent with internal trials.
- True to the founding roots of the Company, MVMD has a strong cannabis vertical structure that spans the following key assets and approaches:
 1. MVMD holds a 25% ownership stake in Sativa Nativa S.A.S., a federally licensed asset located in the foothills of the Sierra Nevada Mountains in Colombia. Sativa Nativa is focused on the large-scale organic production of greenhouse cannabis flower and resin for local and international distribution.
 2. Through a recently acquired wholly owned subsidiary in Colombia, Colverde S.A.S, a suite of cannabis licences and a licence application, which the Company acquired to establish broader investment opportunity in Colombia and capitalize on premium growth conditions and low global production costs.
 3. One of MVMD's focuses in the cannabis portion of its business will be the precision of component separation during the extraction process. The Company has made an investment into Sixth Wave Innovations Inc. ("Sixth Wave"), a company that is or intends to be in the cannabis extraction business. Management of the Company anticipates that this investment will lead to its acquisition by the Company of a GMP-certified unit produced by Sixth Wave in approximately the third quarter of 2020. It's management's understanding that the unit has been designed to provide significant speed and precision cannabinoid targeting with materially low loss ratios anticipated to be approximately 5%.

4. MVMD has acquired a 20% interest in a private company, which is the majority shareholder a private company that made one of the original applications with the U.S. Drug Enforcement Administration to become registered under the Controlled Substances Act to manufacture marijuana to supply to researchers in the United States.
5. The Company has acquired the right to acquire an exclusive licence to distribute a cannabis and hemp plant stimulant technology. MVMD has been conducting preliminary testing with and through key agricultural partners in Colombia and Canada. Initial results indicate that this product has been seeing cost-effective organic yield increases on crops consistently of 20% and in certain cases by as much as 40% through the delivery of informational technology to the plant that prepares it for damaging conditions. As a result, the treated plants grow deeper roots and open up their foliage to optimize the photosynthesis. The Company plans to bring this product to market under the CannaBloom brand. MVMD has also been working with third parties in Colombia engaged in agriculture to test the stimulant technology across non-cannabis-based applications, including coffee, cacao, banana and avocado crops as a reseller partner for Agro Results.

ABOUT MOUNTAIN VALLEY MD HOLDINGS INC.

Mountain Valley MD Holdings Inc., through its wholly-owned subsidiary Mountain Valley MD Inc., is building a world-class health and wellness organization centred around the implementation of patented oral delivery technologies to create industry leading products that are sought out globally.

MVMD's proposition for delivering formulations that have rapid onset, with high bioavailability, with precision dosing technology, will be core to the company's success across key health and wellness categories, including products for pain management, weight management, energy, focus, sleep, anxiety, libido and more. Core to the company's science is its advanced desiccated liposome formulations and the related international patents for advanced compressible delivery formulations for transmucosal delivery.

MVMD believes its health and wellness success will be bolstered further through intelligent applications of cannabis-based cannabinoids across its transmucosal delivery product line and other health and wellness products. As such, MVMD also focuses on the areas of cultivation, research and development, and manufacturing across a portfolio of sustainable cannabis assets.

For more company information and contact details, visit www.mountainvalleymd.com

SOURCE: Mountain Valley MD Holdings Inc.

FORWARD-LOOKING INFORMATION DISCLAIMER

Certain statements contained in this news release may constitute forward-looking information. Forward-looking information is often, but not always, identified by the use of words such as "anticipate", "plan", "estimate", "expect", "may", "will", "intend", "should", and similar expressions. Forward-looking information involves known and unknown risks, uncertainties and other factors that may cause actual results or events to differ materially from those anticipated in such forward-looking information. The Company's actual results could differ materially from those anticipated in this forward-looking information as a result of regulatory decisions, competitive factors in the industries in which the Company operates, prevailing economic conditions, and other factors, many of which are beyond the control of the Company. The Company is making forward-looking statements including but not limited to with respect to the general development of its business, plans related to product and intellectual property testing, and the acquisition of third-party products, assets and rights, and the performance and results arising from the Company's intellectual property and other assets and the foregoing testing and acquisitions. The Company believes that the expectations reflected in the forward-looking information are reasonable, but no assurance can be given that these expectations will prove to be correct and such forward-looking information should not be unduly relied upon. Any forward-looking information contained in this news release represents the Company's expectations as of the date hereof, and is subject to change after such date. The Company disclaims any intention or obligation to update or revise any forward-looking information whether as a result of new information, future events or otherwise, except as required by applicable securities legislation.

This press release does not constitute an offer to sell or a solicitation of an offer to buy any of the securities in the United States. The securities have not been and will not be registered under the United States Securities Act of 1933, as amended (the "U.S. Securities Act") or any state securities laws and may not be offered or sold within the United States or to U.S. Persons unless registered under the U.S. Securities Act and applicable state securities laws or an exemption from such registration is available. Not for distribution to U.S. Newswire Services or for dissemination in the United States. Any failure to comply with this restriction may constitute a violation of U.S. Securities laws.

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