NEWS RELEASE

FOR IMMEDIATE RELEASE

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MOUNTAIN VALLEY MD HOLDINGS INC. COMPLETES INTELLECTUAL PROPERTY ASSET TRANSFER, SOLIDIFIES QUICKSOME TECHNOLOGY

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VANCOUVER, July 16, 2020 /TheNewswire/ - MOUNTAIN VALLEY MD HOLDINGS INC. ("MVMD" or the "Company") is pleased to announce the completion of the intellectual property asset transfer stemming from its previously disclosed acquisition of patents, patent applications, trademarks, and trade secrets.

In the Company's listing statement dated February 20, 2020, the Company had disclosed that it had entered into an Intellectual Property IP Asset Purchase Agreement with a privately held Delaware corporation, for the acquisition of intellectual property assets (the "IP Assets"), such as the patents, patent applications and trademarks. Certain IP Assets were assigned on closing with the balance to be delivered at various times following closing in consideration for the release of escrowed compensation. The first set of trade secrets and know-how, which consisted of those related to the application of the production process for desiccated liposomes for use in "pain", "sleep" and "energy" products, were previously delivered, as announced in a press release issued on March 17, 2020.

The second and final set of trade secrets and know-how has been successfully delivered to the Company in a form sufficient to protect and replicate the production process for desiccated liposomes for use in "anxiety", "nicotine", "testosterone" and "libido" products and comprise the balance of the IP Assets required to be delivered, triggering the release of the corresponding portion of escrowed compensation.

"The final transfer and replication of the intellectual property acquired in this deal is a very significant milestone for Mountain Valley MD," stated Dennis Hancock, President and CEO of Mountain Valley MD Holdings Inc. "The team has been focused on internalizing the technical knowledge and expertise of the original patent inventor, which is the cornerstone of our Quicksome™ product development strategy."

In addition, the Company is pleased to announce that one of the principal patent applications acquired from the Vendor, titled *Preparation of Desiccated Liposomes for Use in Compressible Delivery Systems*, has been renewed for an additional four years.

Quicksome™ Technology

The Company's acquisition of the IP Assets are centred around the implementation of its patented Quicksome™ desiccated liposome technology, which primarily delivers the actives through transmucosal delivery directly in the mouth versus being digested orally.

The next-generation Quicksome™ liposome technology utilizes an advanced 2-step encapsulation and patented desiccation process to formulate normally highly unbioavailable active ingredients into highly effective product formats. Management believes the patented technology revolutionizes drug and nutraceutical ingredient delivery for superior health outcomes by simultaneously addressing a multitude of key drug and nutraceutical product efficacy challenges, such as low bioavailability, high absorption variability and poor dosage control.

"Mountain Valley MD has introduced the trademarked Quicksome™ brand to make it easy for consumers to seek out and identify the products that are powered by our leading technology," continued Mr. Hancock. "Whether people need more energy to get on with their day, a better night's sleep, pain relief or help with anxiety, weight loss or libido, we have a broad spectrum of Quicksome™ formulations that truly are focused on helping people maximize each day and live their best life."

The Quicksome[™] technology provides the platform to enable nutraceutical and pharmaceutical product formulations with rapid onset, high bioavailability, and precision dosing for health and wellness applications through rapid dissolve strips that are placed under the tongue, similar to marketed breath strips with which many consumers are familiar. Quicksome[™] is also powering a rapid dissolve powder that is poured into the mouth from a stick pack for larger formulation loads in addition to a convenient quick-release chew format.

"It is well understood in the science community that many of the active ingredients contained in traditional pharmaceutical drugs and nutraceutical supplements are not well absorbed and suffer extensive degradation during first pass metabolism," stated Mike Farber, Director of Life Sciences at Mountain Valley MD and original inventor of the IP Assets. "We feel this is exactly the problem that Mountain Valley MD's direct-to-mouth Quicksome™ technology solves, dramatically improving bioavailability of compounds that are traditionally heavily metabolized by MAO enzymes, glucuronidation and other conjugation processes."

Management believes that Quicksome™ provides the potential to revolutionize new product possibilities that were previously unimaginable and revitalize the economics of previously highly un-bioavailable active ingredients, the resulting being a new generation

of product formulations that overcome the limitations of standard liposomal formulas, vastly improving the therapeutic index of a drug.

"We have an amazingly talented team that is working on solving some very advanced challenges in the health and wellness space. To date we have done research and development work with more than 60 molecules for a variety of nutraceutical and pharmaceutical applications, including drugs, vaccines, the emerging mushroom space and cannabinoids," continued Mr. Hancock. "For me personally, the idea that our delivery technology could help dispense drugs such as insulin or deliver vaccines into the body through a rapid dissolve sublingual strip and eliminate the need for painful needle injections is truly game changing."

ABOUT MOUNTAIN VALLEY MD HOLDINGS INC.

Mountain Valley MD is building a world-class health and wellness organization centred around the implementation of its patented Quicksome[™] oral drug formulation and delivery technologies to innovate industry leading products that are sought out globally.

MVMD's proposition for delivering Quicksome[™] formulations that have rapid onset, high bioavailability, low variability and precision dosing is core to the Company's success across key health and wellness categories. Consistent with its vision towards "Helping People Live Their Best Life", MVMD applies its Quicksome[™] technology to its ground-breaking work for the oral delivery of vaccines and pharmaceutical drugs as well as the development of products for pain management, weight loss, energy, focus, sleep, anxiety, and more.

The Company's patented Quicksome™ desiccation technology utilizes advanced liposomes and other stabilizing molecules to encapsulate and formulate active ingredients into highly efficient product formats that are consumed orally. The result is a new generation of product formulations that are capable of delivering vaccines, drugs and nutraceuticals into the body faster, with greater impact, efficiency and accuracy.

MVMD believes its health and wellness success will be bolstered further through Quicksome™ activation of cannabinoid molecules for pioneering medical cannabis applications. As such, MVMD also focuses on research and development, plant growth sciences 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.

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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 plans related to its intellectual property assets and the Company's ability to apply its intellectual property assets and technology to use in nutraceutical and pharmaceutical products, including but not limited to insulin, and vaccines. 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 forwardlooking information whether as a result of new information, future events or otherwise, except as required by applicable securities legislation.

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