NEWS RELEASE

FOR IMMEDIATE RELEASE

Tuesday, July 28, 2020



MOUNTAIN VALLEY MD HOLDINGS' SUBSIDIARY COMPLETES ACQUISITION OF COLOMBIAN CANNABIS LICENCE SUITE

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VANCOUVER, B.C. – July 28, 2020 - Mountain Valley MD Holdings Inc. (the "**Company**" or "**MVMD**") (CSE: MVMD) (FRA:20MP) is pleased to announce that it has completed its acquisition of a complete suite of cannabis licenses through Colverde MD S.A.S. ("**Colverde**"), a wholly-owned Colombian subsidiary of the Company.

The licences held by Colverde include a licence for the cultivation of psychoactive cannabis plants in the categories of (i) Seed manufacturing for sowing and (ii) Derivatives manufacturing, a licence for the cultivation of non-psychoactive cannabis plants in the categories of (i) Seed manufacturing for sowing and (ii) Derivatives manufacturing, and a third licence for the manufacture of cannabis derivates in the categories of (i) National uses and (ii) Export (the "Licence Suite"). While the licences have been granted over the past several months, the remaining step in the acquisition of the Licence Suite was the successful registration of Colverde with the Colombian Agricultural Institute ("ICA") as producer of certified seed (sexual and asexual) of psychoactive and non-psychoactive cannabis (the "Registration"), which has now been granted.

The approval of the Registration is significant for the Company not only as it marks the completion of the acquisition of the Licence Suite but also as it allows Colverde to proceed with the build out of its wholly owned operations in Colombia related to cultivation of psychoactive and non-psychoactive cannabis plants, including cultivation for produce seeds or grain for sowing, vivarium production, storage, sales, distribution, export, final disposition, processing, manufacturing and distribution of CBD and THC-based consumer products within MVMD's health and wellness value propositions.

The Registration also allows for Colverde to apply to ICA for the registration of genetics, should it wish to do so.

Certain securities that had been issued to and by MVMD pursuant to the acquisition of Colverde, which had been held in escrow pending the completion of the Registration, have now been released from escrow, signifying the completion of the acquisition.

"We believe Colombia offers one of the most premium cannabis environments in the world, with its optimal climate and growing conditions, talented low cost rural work force, and its favourable political leadership," stated Dennis Hancock, President and CEO of MVMD. "The complete licence suite inside Colverde provides Mountain Valley MD with the ongoing flexibility needed to monetize global cannabis opportunities from operations inside of Colombia."

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.

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 the build out of its operations in Colombia, the use of the Licence Suite and Registration and future related plans. 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 forwardlooking 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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