

NEWS RELEASE

FOR IMMEDIATE RELEASE



Tuesday, July 28, 2020

MOUNTAIN VALLEY MD HOLDINGS INC. PROVIDES FINANCIAL STATEMENT UPDATE

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VANCOUVER, B.C. – The Newswire – July 28, 2020 - Mountain Valley MD Holdings Inc. (the “**Company**” or “**MVMD**”) (CSE: MVMD) (FRA:20MP) is providing an update on the status of the filing of its annual financial statements for the year ended March 31, 2020 (the “**Financial Statements**”), and accompanying management's discussion and analysis (“**MD&A**”), and related CEO and CFO certifications (the “**Certifications**”, together with the Financial Statements and the MD&A, the “**Annual Filings**”).

On May 20, 2020, the Canadian Securities Administrators (“**CSA**”) issued a notice stating that securities regulators will be providing coordinated relief consisting of a 45-day extension for certain periodic filings required to be made during the period from June 2, 2020 to August 31, 2020, as a result of the COVID-19 pandemic. Accordingly, the British Columbia Securities Commission (“**BCSC**”) has enacted BC Instrument 51-517 – Temporary Exemption from Certain Corporate Finance Requirements (“**BCI 51-517**”).

As a result of delays the Company has experienced with the audit process associated with the limited availability of our auditors and certain employees critical to the audit process, the Company will be relying on BCI 51-517 (and similar legislation in Alberta and Ontario).

The Company expects to complete the Annual Filings on or before September 11, 2020. As a result of the delay in the Annual Filings, the Company also intends to postpone the filing of its financial statements and the related management’s discussion and analysis for the interim period ended June 30, 2020 (the “**Interim Filings**”), until on or before October 13, 2020.

Other than as disclosed in the Company’s press releases, there have not been any material business developments since the date that the last financial statements of the Company were filed.

The Company confirms that its management and other insiders are subject to an insider trading black-out policy that reflects the principles in section 9 of National Policy 11-207

–Failure-to-File Cease Trade Orders and Revocations in Multiple Jurisdictions, such that they are in a black-out period until the commencement of the second trading day after the Interim Filings have been disclosed.

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 groundbreaking 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 with respect to the filing of its annual and interim financial statements. 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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