NEWS RELEASE

FOR IMMEDIATE RELEASE

Friday, July 31, 2020

U.S. FOOD AND DRUG ADMINISTRATION (FDA) POLIO LAB CONFIRMS MOUNTAIN VALLEY MD'S QUICKSOME™ TECHNOLOGY SUCCESSFULLY PRESERVES POLIO D ANTIGEN FOR VACCINES

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VANCOUVER, B.C. – July 31, 2020 - Mountain Valley MD Holdings Inc. (the "**Company**" or "**MVMD**") (CSE: MVMD) (FRA:20MP) is pleased to announce recent results from a U.S. Food and Drug Administration (FDA) Polio Vaccine Lab evaluation that confirms MVMD has successfully preserved Polio D Antigen in its proprietary Quicksome™ rapid dissolve oral strip technology. Using its proprietary 3-step low temperature Quicksome™ manufacturing process, MVMD scientists were able to stabilize and preserve Polio D Antigen in sublingual strips at levels comparable to traditional commercial vaccines, however without the need for cold chain preservation (refrigeration) to prevent degradation. The Company believes that this sublingual application will enable the elicitation of a more robust mucosal immune response and, if successfully commercialized, this breakthrough has the potential to revolutionize traditional vaccine manufacture, distribution and consumption.

The U.S. Food and Drug Administration's Polio Lab is headed by associate director of research Dr. Konstantin Chumakov. Dr. Chumakov is also a member of the Global Virus Network, an international coalition of virologists aimed at preventing and eradicating viral diseases. Dr. Chumakov and his team have developed the ELISA (enzyme-linked immunosorbent assay) method used to quantify the ability for MVMD to preserve the Polio D Antigen in the Company's Quicksome™ technology. ELISA is a plate-based assay technique designed for detecting and quantifying soluble substances such as peptides, proteins, antibodies, and hormones.

Vaccines are the cornerstone of global health efforts to curb and eradicate common diseases such as polio and outbreak pandemics such as Influenza and COVID-19. Both inactivated influenza vaccines, whether universal or seasonal, and subunit COVID-19 vaccines are highly heat labile (sensitive). Traditional vaccine manufacturing requires

storage and distribution in a cold chain to overcome heat sensitivity, making global distribution and compliance difficult and costly.

“The FDA’s Polio D Antigen preservation results demonstrate that Mountain Valley MD’s proprietary and patented Quicksome™ low temperature strip manufacturing technology can be successfully applied to heat labile vaccines, complex proteins such as insulin or glucagon, peptides and other molecules and constructs that are sensitive to heat and oxidation,” stated Mike Farber, Director of Life Sciences at MVMD. “Management believes this new technology will reduce costs, improve vaccine stability and effectiveness, and enable convenient needleless administration of vaccines globally.”

In keeping with MVMD’s mission to enable people to live their best life, the stability of the Quicksome™ vaccine platform opens up vaccine delivery in third world countries where infrastructures for vaccination are poor or nonexistent and even many currently available vaccines cannot be delivered. In other cases, the cost of vaccines is too high for such countries to afford, even though this is often where they are most needed.

“For decades scientists have been working to solve the problem of vaccine instability and cold chain distribution with little progress,” continued Farber. “Approaches such as micro-needle applications, lyophilization, spray drying, and others have not reached commercialization due to problems of complexity, cost, and long-term stability challenges.”

The Company believes its proprietary Quicksome™ manufacturing technology will quickly enable large-scale production of numerous vaccines and proteins at temperatures that maintain and preserve their biological action. This would allow for long term stability and ease of global distribution, appropriate for pandemic preparedness, stockpiling with other administration and distribution advantages. This technology would also allow for needleless administration, with no pain, reducing risk of infection and common site injection reactions, as well as reducing the complexities associated with medically supervised patient injections.

“With these encouraging results and strong third-party validation, Mountain Valley MD is continuing work on development of our proprietary vaccine adjuvants for Polio and the necessary pre-clinical trials to demonstrate the unprecedented impact of our Quicksome™ technology,” stated Dennis Hancock, President and CEO of MVMD. “We believe the application of Quicksome™ in vaccines has broad implications for the induction of a robust systemic and mucosal immune response.”

Note: The U.S. Food and Drug Administration (FDA) Polio Vaccine Lab has provided ELISA testing services to confirm the ability for MVMD to preserve Polio D Antigen in its proprietary Quicksome™ technology and has not endorsed the Quicksome™ product, its efficacy or its eventual product use.

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 the ability to apply the Company's Quicksome™ technology to vaccine delivery methods, including but not limited to Polio, and related matters, including but not limited to related trials and the potential success, results and impact of such applications. 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.

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