

NEWS RELEASE

FOR IMMEDIATE RELEASE

Friday, February 12, 2021



MOUNTAIN VALLEY MD HOLDINGS TO COMMENCE TRADING ON OTCQB MARKET UNDER TICKER MV MDF

Toronto, Ontario – February 12, 2021 - Mountain Valley MD Holdings Inc. (the “Company” or “MVMD”) (CSE: MVMD) (FRA: 20MP) is pleased to announce that effective February 16, 2021, it will graduate from the OTC Pink Sheets (“OTCPK”) and commence trading on the OTCQB Venture Marketplace (“OTCQB”) under the symbol “MV MDF”.

The OTCQB is operated by OTC Markets Group Inc. (“OTC”) out of New York City, NY. The OTC operates the world’s largest electronic interdealer quotation system for US broker dealers and offers multiple media channels to increase the visibility of OTC-listed companies. Trading on the OTCQB Market enables companies to efficiently build broader investor awareness and provide U.S. investors with a seamless trading facility to more easily trade through the broker of their choice.

Investors can find Real-Time quotes and market information for MVMD on www.otcmarkets.com. The Company continues to trade on the Canadian Securities Exchange under the ticker symbol “MVMD” and the Frankfurt Stock Exchange under the ticker symbol “20MP”.

“Trading on the OTCQB is an excellent advancement that will provide a large U.S. investor base with the opportunity to participate directly in Mountain Valley MD’s growth,” stated Dennis Hancock, President and CEO of Mountain Valley MD Holdings. “The OTC listing will contribute to our strategy to continue to enhance our share liquidity and broaden the reach and awareness of our global health and wellness innovations.”

ABOUT OTC MARKET GROUP INC

OTC Markets Group Inc. operates the OTCQX Best Market, the OTCQB Venture Market and the Pink Open Market for 10,000 U.S. and global securities. Through OTC Link ATS and OTC Link ECN, the company connects a diverse network of broker-dealers that provide liquidity and execution services. OTC Markets enables investors to easily trade through the broker of their choice and enable companies to improve the quality of information available for investors.

The OTCQB Venture Market is the premiere marketplace for early stage and developing U.S. and international companies that are committed to providing a high-quality trading and information experience for their U.S. investors. The OTCQB quality standards provide

a strong baseline of transparency as well as the technology and regulation to improve the information and trading experience for investors.

To learn more about how OTC Markets creates better informed and more efficient markets, visit www.otcmarkets.com.

ABOUT MOUNTAIN VALLEY MD HOLDINGS INC.

Mountain Valley MD is building a world-class biotech and life sciences company organization centered around the implementation of its patented Quicksome™ oral drug formulation and delivery technologies and its Quicksol™ solubilization technology for macrocyclic lactones, 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™ and Quicksol™ technologies to its ground-breaking work for advanced 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. The Company's patented Quicksol™ solubilization technology covers all highly solubilized macrocyclic lactones (including the drugs Ivermectin and Selamectin). MVMD's solubility technology applied to the Ivermectin drug is the only form in the world that only uses excipients that are currently approved by the US Food and Drug Administration (FDA), making it a leading candidate for human injection and sublingual applications as well as significantly broader husbandry and companion animal treatments based on its low viscosity.

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

SOURCE: Mountain Valley MD Holdings Inc.

CAUTIONARY STATEMENT REGARDING FORWARD-LOOKING INFORMATION

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 its listing of common shares on the OTCQB and the implications thereof.

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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