NEWS RELEASE

FOR IMMEDIATE RELEASE

Tuesday, May 11, 2021

MOUNTAIN VALLEY MD PROVIDES UPDATE ON CURRENT TRIALS

TORONTO, ON – May 11, 2021 - Mountain Valley MD Holdings Inc. (the "**Company**" or "**MVMD**") (CSE: MVMD) (FRA:20MP) (OTCQB: MVMDF) is pleased to provide an update on current pre-clinical trials.

COLD CHAIN

- The Company has received cold chain ELISA data from the Food and Drug Administration ("FDA") Polio Research Lab and is currently coordinating an analysis review session with the FDA and establishing the related communications.

BIO SAFETY LEVEL 4 COVID-19 CLEARANCE

- The Company anticipates receiving the results from its Bio Safety Level 4 ("BSL-4") lab study of COVID19 viral clearance in transgenic mice imminently and is expecting to provide results later this week or early the week of May 17, 2021.
- The BSL-4 study evaluated how the Company's solubility technology applied to the Ivermectin drug could be applied as a broad therapeutic to treat COVID-19.
- The BSL-4 study was conducted on three variants of COVID-19, including the original variant, South African variant and the Brazil variant.

DOSE SPARING ADJUVANT

- The Company has filed the Porous Aluminum Nano-Structured Adjuvant patent to support its advanced vaccine dose sparing work.
- The Company has executed a study, comparing existing Alhydrogel adjuvant to the Company's invented stable nano-particulate adjuvant by both intramuscular injection and intradermal injection immunization, evaluating the antibody responses following vaccination with fractional doses of IPV comparing delivery types with IPV alone or adjuvanted.
- The results from the study being conducted at Tulane University School of Medicine in New Orleans, Louisiana, United States is anticipated by the end of May or early June.

HUSBANDRY ANIMALS

- The Company has commenced husbandry animal trials validate the superiority of its injectable solubilized Ivermectin technology, Ivectosol™ 1%, versus current commercially available forms to treat a broad category of animal parasites.

- The trials have commenced in Canada to study poultry, swine and cattle, and in Bangladesh to study poultry, goat and cattle. Initial feedback is the trial dosing was easily accomplished in the animals with the needleless applicator with no adverse reactions.
- The preliminary study results for Canada are anticipated late June, 2021. The preliminary study results for Bangladesh are anticipated early June, 2021.

ONCOLOGY

- The Company has filed the cancer patent for direct intratumoral injection, intravenously, infusions or instillations as adjuvants for broad chemotherapeutic to immunotherapeutic cancer regimens.
- Separate pre-clinical trials for triple-negative breast cancer, metastatic melanoma and Lewis Lung Carcinoma are being conducted and the Company anticipates preliminary results for the studies later in June.

"Receiving early feedback confirming the ability to safely inject Ivectosol™ 1% across poultry, swine, goat and cattle our initial animal trials is very encouraging and validates the pathway we are pursuing in human applications such as oncology and COVID-19," stated Dennis Hancock, President and CEO of Mountain Valley MD. "I am very proud of the team and our research partners for this incredible progress across multiple lanes of innovation. We couldn't be more honoured to drive forward this important work."

The Company will provide further updates on its current pre-clinical trials as they become available.

ABOUT MOUNTAIN VALLEY MD HOLDINGS INC

Mountain Valley MD is building a world-class biotech and life sciences company organization centred 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 its planned pre-clinical trials with third-party CROs and does not have direct control of pre-clinical trial outcomes.

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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