

NEWS RELEASE

FOR IMMEDIATE RELEASE

Tuesday, November 2, 2021



MOUNTAIN VALLEY MD HOLDINGS COMPLETES LICENSING AGREEMENT WITH RED WHITE AND BLOOM BRANDS INC.

Toronto, Ontario – November 2, 2021 - Mountain Valley MD Holdings Inc. (the “**Company**” or “**MVMD**”) (CSE: MVMD) (OTCQX: MVMDF) (FRA: 20MP) is pleased to announce, further to its news release dated September 29, 2021, that Mountain Valley MD Inc. (“**Mountain Valley**”) has entered into a Product Development and Commercial Licensing Agreement (the “**Agreement**”) with Red White & Bloom Brands Inc. (“**RWB**”), a publicly traded multi-state cannabis operator and house of premium brands that are available across the cannabis market in the United States.

The Agreement establishes the terms upon which Mountain Valley will develop and license formulas using MVMD’s Quicksome™ technology and novel cannabinoid solubilization techniques to be applied by RWB to various cannabis product applications. The Agreement grants RWB an exclusive 5-year license in Florida, Michigan and California to manufacture and distribute its cannabis products in exchange for the payment of product fees and ongoing sales royalties.

“Our partnership with Red White & Bloom illustrates how MVMD’s technology can support product innovation objectives for our key partners across a variety of market verticals,” stated Dennis Hancock, President and CEO of Mountain Valley MD. “Providing our global partners with product efficacy advantages through our technology licensing strategy is core to business scale objectives.”

The MVMD team have been working closely with RWB to apply proprietary formulations across a number of branded Medical and Rec product lines. The MVMD Quicksome™ sublingual applications, include a proprietary THC-based sleep formulation created for RWB, which is planned to be the initial product that RWB will introduce in the medical sleep market in the United States.

“Leveraging this innovative technology to provide unique cannabinoid product formulations is part of Red White & Bloom’s strategy to bring premium, leading, and disruptive cannabis products to the marketplace,” stated Brad Rogers, Chairman and CEO of Red White & Bloom Inc. “We believe this novel sublingual delivery technology when compared to numerous orally consumed products in the cannabis space, enables us to pursue market applications where the precision of cannabinoid delivery is preferred.”

The Company is currently finalizing a patent for submission to the United States Patent Trademark Office (USPTO) to protect its cannabinoid solubilization work, which it believes will be a cornerstone for many unique product formulations in the cannabis marketplace.

ABOUT RED WHITE & BLOOM BRANDS INC.

RWB is positioning itself to be one of the top three multi-state cannabis operators active in the US legal cannabis and hemp sector. RWB is predominantly focusing its investments on the major US markets, including Michigan, Illinois, Florida, Arizona, and California with respect to cannabis, and the US and internationally for hemp-based CBD products.

For more information about Red White & Bloom Brands Inc., www.RedWhiteBloom.com

ABOUT MOUNTAIN VALLEY MD HOLDINGS INC.

Mountain Valley MD is building a world-class organization centered around the implementation and licensing of its key technologies to global pharmaceutical, vaccine and nutraceutical third parties:

- patented Quicksome™ oral drug formulation and delivery technologies,
- patented Quicksol™ solubility formulation technology

Consistent with its vision towards “More Life”, MVMD applies its Quicksome™ and Quicksol™ technologies to its 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.

MVMD’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 could be capable of delivering vaccines, drugs and nutraceuticals into the body faster, with greater impact, efficiency and accuracy.

MVMD’s patented Quicksol™ technology covers all highly solubilized macrocyclic lactones that could be effectively applied in multiple viral applications that could positively impact human and animal health globally.

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 various matters related to the Agreement, including: generally the terms of and matters related to the licensing arrangement between the Company and RWB; the initial product intended to be introduced to the United States market by RWB; the use and application of the formulations and generally rights granted to RWB; the products or types of products to be manufactured and distributed by RWB; and the significance and benefits of the patent being finalized with respect to the Company's cannabinoid solubilization work.

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.

For further information:

Dennis Hancock
President and Chief Executive Officer
Mountain Valley MD Holdings Inc.
Investor Relations @ 647-725-9755
Email: dennis@mountainvalleymd.com

www.mountainvalleymd.com