

NEWS RELEASE

FOR IMMEDIATE RELEASE



Wednesday, March 16, 2022

MOUNTAIN VALLEY MD HOLDINGS APPOINTS DR. ELIZABETH NORTON TO ADVISORY ROLE TO SUPPORT KEY QUICKSOME™ VACCINE AND COLD CHAIN PROJECTS

Toronto, Ontario – March 16, 2022 - Mountain Valley MD Holdings Inc. (the “Company” or “MVMD”) (CSE: MVMD) (OTCQX: MV MDF) (FRA: 20MP) is pleased to announce the appointment of Dr. Elizabeth Norton to an advisory position to support MVMD’s key Quicksome™ vaccine and cold chain projects.

Dr. Norton is an immunologist with 20 years of experience in evaluating immunity, vaccines, and microbial infections. She has a public health and research background with a current faculty appointment in the Department of Microbiology & Immunology at Tulane University in Louisiana, U.S., as Associate Professor with tenure.

“It is such an honour to be working with Dr. Norton on our advanced Quicksome™ vaccine applications,” stated Dr. Azhar Rana, Chief Medical Officer at Mountain Valley MD. “Dr. Norton’s skill and expertise will be instrumental as we look at applying our Quicksome™ technology across an expanded variety of human and animal health vaccines with the goal of improving global vaccine access and effectiveness.”

Dr. Norton began her training at the Centers for Disease Control (CDC) and received an MPH (Master of Public Health) in international health. In her doctoral and post-doctoral programs at Tulane University she evaluated innate immunomodulation and mucosal delivery techniques, with a main focus of her lab to evaluate strategies to improve memory responses to vaccines through mucosal adjuvants. Her work has involved management of large, collaborative projects for adjuvanted polio and tuberculosis vaccines, and has also pioneered a derivative adjuvant for intranasal use in pneumonia, opioid, and influenza vaccines. Since the SARS-CoV-2 pandemic, Dr. Norton also runs a project for the Tulane University Convalescent Antibody and Immunity Network (TUCAIN) NIH/NCI U54 evaluating cellular and memory responses to SARS-CoV-2 infection or vaccine responses in adults, children, and cancer subjects and oversees blood and tissue collections.

Dr. Norton has been consistently NIH (National Institutes of Health) funded since 2013, authored over 30 peer-reviewed publications, received 3 patents, served on numerous NIH and other study sections and is a national and international speaker in her field.

Dr. Norton will be assuming the advisory responsibilities of Dr. John D. Clements, who is formally retiring from his advisory role within MVMD. Dr. John Clements is Emeritus Professor of Microbiology and Immunology at Tulane University School of Medicine, with over 35 years of experience in vaccine, immunology and infectious diseases research and development. Dr. Clements has brought invaluable expertise and support to help advance Mountain Valley MD’s ongoing Quicksome™ vaccine delivery projects. Dr. Clements will continue to provide support on an ad-hoc basis to MVMD.

“We are very pleased to have Dr. Norton formally join MVMD in this important advisory role. We believe Dr. Norton’s extensive vaccine and research experience will be instrumental to continue the advancement of our important work within our Quicksome™ vaccine applications,” stated Dennis Hancock, President and CEO of Mountain Valley MD. “MVMD extends significant gratitude to Dr. John Clements for his immense contributions across our vaccine work.”

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 advancement of the Company’s Quicksome™ vaccine applications and the goal of improving global vaccine access and effectiveness; Dr. Norton’s involvement with and impact on MVMD’s applications of its Quicksome™ technology and the advancements of MVMD’s related work; the advisory responsibilities to be assumed by Dr. Norton; the continued support of Dr. Clements on an ad-hoc basis.

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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