

NEWS RELEASE

FOR IMMEDIATE RELEASE

Monday, March 6, 2023



MOUNTAIN VALLEY MD ANNOUNCES STOCK OPTION GRANT

Toronto, Ontario – March 6, 2023 - Mountain Valley MD Holdings Inc. (the “Company” or “MVMD”) (CSE: MVMD) (OTCQB: MVMD) (FRA: 20MP), an early-stage biotech business centered around the implementation, licensing and reselling of key technologies and formulations, today announced the grant of stock options pursuant to its existing stock option plan (the “Stock Option Plan”).

“We continue to leverage option-based compensation as a key incentive tool in an effort to fully align our team’s efforts on our specific business outcomes and our overall objective of creating long term shareholder value,” stated Dennis Hancock, President and CEO of MVMD. “Our commercialization plans in the coming fiscal year are a very important milestone for MVMD. Providing our team members with an opportunity to have ownership in the company is a significant way to reward the extraordinary work effort that comes within a biotech startup culture and aids in preserving cash expenditures.”

The Board has granted to certain directors, officers, and consultants an aggregate of 3,220,000 stock options (the “Options”). The Options vest 20% on the date of grant, 30% on the 6-month anniversary of the date of grant and 50% on the one-year anniversary of the date of grant. The Options have a term of 5 years and are exercisable at \$0.05 per share.

ABOUT MOUNTAIN VALLEY MD HOLDINGS INC.

Mountain Valley MD is building a world-class organization centered around the implementation, licensing and reselling of key technologies and formulations:

- patented Quicksome™ oral formulation and delivery technologies,
- patented Quicksol™ solubility formulation technology
- licensed product reseller of Agrarius™, a novel agricultural plant signalling technology

Consistent with its vision towards “More Life”, MVMD applies its owned and licensed technologies to its work for advanced delivery of molecules for human and husbandry animal applications, including the development of products for pain management, weight loss, energy, focus, sleep, anxiety, and more. Additionally, MVMD’s work with Agrarius is focused on generating a positive impact on crop yields and reducing fertilizer usage.

MVMD’s patented Quicksome™ technology utilizes proprietary formulations and stabilizing molecules to encapsulate and formulate active ingredients into highly efficient product formats. The result is a new generation of product formulations that could be capable of delivering nutraceutical and drug molecules 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.

MVMD's licensed Agrairus™ agricultural plant signalling technology that could be capable of application to agricultural crops to naturally increase yields, reduce fertilizer usage, and increase general resilience to pests and climate change.

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

SOURCE: Mountain Valley MD Holdings Inc.

For further information:

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

www.MVMD.com

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: the terms of the options, including the timing of vesting and expiry, and the Company's ability to create long-term shareholder value.

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.

Neither the CSE nor OTC has reviewed or approved the contents of this press release.