

NEWS RELEASE

FOR IMMEDIATE RELEASE

Friday, December 15, 2023



MOUNTAIN VALLEY MD ANNOUNCES PLANNED APPOINTMENT OF NEW CFO EFFECTIVE JANUARY 15, 2024

Toronto, Ontario – December 15, 2023 - Mountain Valley MD Holdings Inc. (the “Company” or “MVMD”) (CSE: MVMD) (OTCQB: MV MDF) (FRA: 20MP) is pleased to announce the appointment of Yong Yao to the role of Chief Financial Officer effective January 15, 2024. The Company has accepted the resignation of the Company’s current Chief Financial Officer, Lucie Letellier, due to health issues that have resurfaced and require Ms. Letellier to take a leave of absence from her professional endeavours at this time. Ms. Letellier will continue to serve as the Company’s Chief Financial Officer until January 15, 2024 and assist with the transition to the new CFO.

“I am very pleased to welcome Yong Yao to the MVMD team to support our commercialization growth phase and the scaling of our operations globally,” said Dennis Hancock, President & CEO of the Company. “Mr. Yao is a very accomplished CFO and has joined us at a very important time as we navigate complex international sales, royalty, and tax strategies.”

With a distinguished financial career spanning premier institutions in both North America and the Far East, Mr. Yao is a seasoned CFO and brings a wealth of expertise in financial markets, corporate governance, and international business. In his recent role as CFO of Hanalytics BioMind Co., Mr. Yao played a pivotal role in securing USD 200 million dollars in private equity financing and chartering the company’s profitable growth to a valuation of USD 1.4 billion. Mr. Yao was the Executive Director of Xinyuan Real Estate Corp. and President of Xin Yan Capital, a Xinyuan subsidiary, where he managed private equity funds totaling CNY 30 billion, facilitating successful IPOs, overseeing global land acquisition and real estate projects. Mr. Yao’s leadership roles at Bank of America Merrill Lynch, Morgan Stanley, and Scotia Bank Canada showcased his diverse abilities, including strategic financial oversight, implementation of accounting policies and IFRS standards, regulatory reporting, management reporting, and financial business planning. Notably, his entrepreneurial venture, Selectin Biomedical Inc., secured substantial funding and regulatory approvals for innovative small molecule chemical drugs designed for anti-tumor applications. Mr. Yao holds an MBA from McGill University, and two designations by AICPA-CIMA UK, including Fellow Chartered Management Accountant (FCMA) and Chartered Global Management Accountant (CGMA). Additionally, he holds a Bachelor of Science degree in Biology from Nankai University.

The Company has granted stock options (the “Options”) to Mr. Yao, in accordance with the terms and conditions of the Company’s Stock Option Plan, to purchase 500,000 common shares in the capital stock of the Company. The Options are exercisable for a period of five years from the date of grant at a price of \$0.05 per share. The Options will vest 20% on the date of grant, 30% on the 6-month anniversary following the date of grant and the remaining 50% on the 12-month anniversary following the date of grant.

The Company extends its appreciation to outgoing CFO Lucie Letellier for her contributions to the Company.

“Seeing the relapse in Lucie Letellier’s health is very unfortunate and we respect the important need for her to focus on her wellbeing with her family at this time”, continued Hancock. “We are grateful for her support of MVMD and willingness to manage through this transition window to minimize any potential disruption to the business.”

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.

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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 Company is making forward-looking statements including but not limited to: the effective date of the appointment of Mr. Yao; the continued delivery of services by Ms. Letellier and the timing thereof; the terms of the options granted to Mr. Yao, including the vesting terms 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.

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