



NEW WAVE ANNOUNCES GRANT OF OPTIONS

TORONTO, November 6, 2020 - NEW WAVE HOLDINGS CORP. (the "**Company**" or "**New Wave**") (CSE:SPOR) (FWB:0XM2) (OTC:TRMND), announces that it has granted incentive stock options to certain directors, officers and consultants of the Company to purchase up to 1,900,000 common shares in the capital of the Company (the "Shares") pursuant to the share option plan of the Company. The options are exercisable on or before November 6, 2025 at an exercise price of \$0.05 per Share and will vest immediately.

ABOUT NEW WAVE HOLDINGS CORP.

New Wave Holdings Corp. (CSE: SPOR, FWB: 0XM2, OTC:TRMND) is an investment issuer focused on the burgeoning psychedelic and esports sectors. In the psychedelic sector, New Wave will focus on supporting research on active psychedelic compounds, creation of consumer products based on functional mushrooms, and developing an IP portfolio focusing on psilocybin, LSD, MDMA, and ketamine derived treatments for neuropsychiatric diseases.

Investors interested in connecting with New Wave Holdings can learn more about the company and contact the team at <http://newwavecorp.com>

FOR FURTHER INFORMATION PLEASE CONTACT:

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The CSE does not accept responsibility for the adequacy or accuracy of this release.