



GAIA GROW PROVIDES OPERATIONAL UPDATE ON 2019 HEMP CROP

Vancouver, British Columbia - August 1, 2019 - **Gaia Grow Corp.** (TSXV: GAIA) (the “**Company**” or “**Gaia**”) is pleased to update its investors on its harvesting progress. Seeds arrived in the second week of June and it was a very rainy spring – great conditions for seed germination. The process of fertilizing, seeding and rolling the expansive 1494.39 acres in southern Alberta was spread over two weeks. Thanks to intermittent rains the crop has started off well. Post-production of a drone fly-over video of the seeding process is underway and will be uploaded on Gaia’s social media channels (Twitter, YouTube and Instagram – links available on www.GaiaGrow.com) in the coming weeks.

Gaia’s President James Tworek commented, “Gaia’s 2019 crop is planted and off to a great start. We will continue to monitor progress and work with our farmers, contract harvesting team and agronomy team to optimize timing towards harvesting, currently estimated to be around the end of September/early October. In the meantime, Gaia’s management team is working diligently to firm up contracts with our offtake partners to ensure a successful sale and extraction process of the harvest.”

Further updates to harvesting will be provided in due course, and select media posts of the crop’s progress will be made available on Gaia’s social media channels throughout the summer and early fall.

Neither TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

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This news release contains forward-looking statements and forward-looking information within the meaning of applicable securities laws. These statements relate to future events or future performance. All statements other than statements of historical fact may be forward-looking statements or information. Forward-looking statements and information are often, but not always, identified by the use of words such as “appear”, “seek”, “anticipate”, “plan”, “continue”, “estimate”, “approximate”, “expect”, “may”, “will”, “project”, “predict”, “potential”, “targeting”, “intend”, “could”, “might”, “should”, “believe”, “would” and similar expressions.

Forward-looking statements and information are provided for the purpose of providing information about the current expectations and plans of management of the Company relating to the future. Readers are cautioned that reliance on such statements and information may not be appropriate for other purposes, such as making investment decisions. Since forward-looking statements and information address future events and conditions, by their very nature they involve inherent risks and uncertainties. Actual results could differ materially from those currently anticipated due to a number of factors and risks. These include, but are not limited to, the risks associated with the hemp industry in general such as operational risks in growing; competition; incorrect assessment of the value and potential benefits of various transactions; ability to access sufficient capital from internal and external sources; failure to obtain required regulatory and other approvals and changes in legislation, including but not limited to tax laws and government regulations. Accordingly, readers should not place undue reliance on the forward-looking statements, timelines and information contained in this news release.