



GAIA GROW ENTERS INTO STRATEGIC CONSTRUCTION CONTRACT WITH EDGE INNOVATIONS

Vancouver, British Columbia - August 15, 2019 - Gaia Grow Corp. (TSXV: GAIA) (the “**Company**” or “**Gaia**”) has entered into a consulting agreement with Edge Innovations Inc. (“**Edge**”, www.EdgeInnovationsInc.com) effective as of July 31, 2019. Based in Edmonton, Alberta with global construction experience that started in England and Ireland in 1974, Edge is a construction management provider to the building industry, specializing in high-performance structures, project management, design-build, tenant improvement, and general construction ventures in a variety of industries.

This strategic relationship will be a key component of obtaining final approval for building-out Gaia’s various facilities, including its planned indoor medical cannabis grow facility as well as its hemp processing facility, due for construction in Alberta through late 2019 and 2020.

Regarding the engagement with Edge, Gaia’s co-Founder and CEO Frederick Pels commented, “We are delighted to have Edge innovations as a strategic partner. Edge values completing projects on time and on budget. Given their track record and experience, we expect to see a very successful and prosperous partnership for this as well as many other projects as Gaia continues to grow over the coming years.”

Neither the 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.

CAUTIONARY AND FORWARD-LOOKING STATEMENTS

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 development of licensed production facilities in general such as development and construction risks; 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.