



## **GAIA GROW CONFIRMS HAIL INSURANCE AND PROVIDES UPDATE ON MARKETING INITIATIVES**

Vancouver, British Columbia - August 20, 2019 - Gaia Grow Corp. (TSXV: GAIA) (the “**Company**”) or “**Gaia**”) is pleased to confirm that its current 1494 acre hemp crop is insured for the 2019 growing season.

Gaia’s CEO Frederick Pels commented: “we can confirm that Gaia has crop insurance in place on the ~1494 acres of hemp planted in Rockyview County, Alberta. Rockyview is a region that can be affected by hail throughout the year so our management and board unanimously agreed that having the coverage to offset all expenses in the 2019 outdoor cultivation season was not only an important cornerstone of financial prudence and risk management for any given year, but of paramount importance for our start-up harvest.”

In addition to the insurance, the Company has updated the [www.GaiaGrow.com](http://www.GaiaGrow.com) website to better reflect the progress that has made since the spring:

- In preparation for upcoming marketing efforts this fall, an updated corporate presentation has been posted (link here: <https://gaiagrow.com/investors/>) that will help current and prospective investors have a clearer understanding of what we’ve achieved to date and where we’re growing in the near future. We have posted a [Photo Gallery](#) of the current hemp crop so that everyone can track progress to date; this will be expanded and updated from time to time and we encourage all shareholders and investors alike to continue to check our website on a weekly basis.

“We’re very excited about these changes and we look forward to using and updating our website, as well as our social media channels to share our growth and progress with the market” says Frederick Pels. “We will continue to execute on our business plan and ensure all interested parties are updated as further milestones are achieved.”

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### **CAUTIONARY AND FORWARD-LOOKING STATEMENTS**

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