



## **GAIA COMPLETES 2019 HEMP CROP HARVEST**

Vancouver, British Columbia - October 21, 2019 - Gaia Grow Corp. (TSXV: GAIA) (the “Company” or “Gaia”) is pleased to announce the completion of its inaugural 2019 hemp harvest from its Rockyview County, Alberta Fields.

Multiple stages of harvest were completed, ensuring a whole-plant harvest and efficient separation of the various parts of the hemp plants for effective and efficient use by their intended offtake partners in different sales channels.

Gaia’s custom harvesting and hauling teams successfully deployed harvesting machinery, baling equipment, loaders and transport trucks to arrange and prepare the harvested product for sale to its end users. The multi-stage harvest included effectively passing over the approximately 1500 acres of land several times to separate the harvest components. One final pass over the remaining bottom stalks will be completed this week in order to secure the fiber for sale down a different supply chain, leaving the land in a condition ready for its landowners to be able to prepare for next year’s rotational crops.

The harvesting team worked 24 hours a day for the roughly 6 days required to complete the harvesting and baling.

“With the team pulling out all the stops for successful completion of our first harvest, we can now follow through with facilitating requests for our product,” says Frederick Pels, CEO of Gaia Grow Corp. “Significant revenues from this crop will facilitate our expansion and other operations. We remain focused on the long game-plan as we responsibly build value for our shareholders one step at a time.”

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

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*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.*