



GAIA PROVIDES OPERATIONAL UPDATE

Vancouver, British Columbia - February 11, 2020 - Gaia Grow Corp. (TSXV: GAIA) (the “**Company**” or “**Gaia**”) is pleased to provide the following operational update:

Gaia has had considerable demand for its “milled” high CBD product and has filled orders to multiple extraction companies for processing. In anticipation of the inbound demand, Enagon has begun milling at its full capacity, and Gaia has been actively pursuing a suitable facility to house mutual operations. Interest has also been expressed in fibre (straw), hurd/shiv, and notably seed that once compressed creates a “seed cake” made up of 50% plant-based protein. Gaia is working diligently with Enagon to rapidly set up the infrastructure and logistics required to fulfil delivery of multiple products.

The Company will provide additional information in the coming days so please stay tuned.

“It’s time for Gaia to grow and expand” said Frederick Pels, CEO of Gaia. “Extraction companies have quickly understood the benefits of our product, creating a significant demand. This is an incredible place to be and the right time to move towards corporate growth. Expansion will be completely revenue based as we keep on our path of fiscal responsibility, ensuring Gaia’s ability to act quickly should further opportunities become available. This is an exciting time to be a part of this team and I look forward to keeping shareholders updated over the coming weeks.”

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 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.