



GAIA'S CANADIAN CANNABIS EXTRACTION LABORATORY TRUEXTRACTS ADDS KATIE KAPCSOS TO QUALITY ASSURANCE TEAM

Vancouver, British Columbia – August 12, 2021 – Gaia Grow Corp.'s (the “**Company**” or “**Gaia**”) (CSE: GAIA; Frankfurt: GG0) wholly owned subsidiary TruExtracts is pleased to welcome Katie Kapcsos to its quality assurance team. Katie brings a wealth of experience that will be a valued addition to the team at TruExtracts as well as the team at Canna Stream Solutions.

Katie Kapcsos started her career in the cannabis industry in 2016, in the harvest department at Aurora; that position turned to a career in one of the most quickly evolving industries in the world. Katie completed her diploma in Environmental Technology at SAIT, while working weekends leading a team to monitor and maintain plants in the facility, nurturing a love for the industry and a deep respect for the forerunners who paved the way to legalization. Katie was fortunate to develop her skills and knowledge with an LP respectful of the rules and regulations, and among people who recognized the significance of their pioneering work producing cannabis safely and responsibly.

Katie later completed her BSc in Environmental Science at Royal Roads University and returned shortly after, finding herself almost immediately back in the post-legalization saddle. Leaving her position as a QAP with another LP to join TruExtracts, Katie will be thoroughly involved with the TruExtracts facility ensuring that the company is fully compliant. She will also be developing new departments and new products for Tru's lineup.

“Katie is a welcome addition to our team” said Andre Sinclair, COO of TruExtracts. “The team we have in place is fundamental to our success. Katie's skills and experience will be a valued addition as we grow Tru. We strive to be an employer of choice in the global cannabis sector and with the strong team we have in place, I am certain we will continue to attract high caliber team members and grow our business.”

For more Information, please visit our website at <https://gaiagrow.com> or <https://truextractslabs.com/>

Please join the conversation on our GAIA group supporter's telegram group at <https://t.me/gaiagrow> and visit us online at <https://www.gaiagrow.com/>

For further information please contact:

Frederick Pels, Chief Executive Officer

(403)-991-7737

fp@gaiagrow.com



The Canadian Securities Exchange does not accept 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.