



NOT FOR DISSEMINATION IN THE UNITED STATES

GAIA GROWS CORP. ANNOUNCES SHARES FOR DEBT TRANSACTION

Vancouver, British Columbia - TheNewswire – September 26, 2022 - Gaia Grow Corp. (the “Company” or “Gaia”) (CSE:GAIA) (CNSX:GAIA.CN) (Frankfurt:GG0) wishes to announce that it has entered into a debt settlement agreement with a consultant for services whereby Gaia will settle up to \$100,000 of its outstanding payables through the issuance of 666,667 common shares in the capital of the Corporation (the “Common Shares”) at a deemed price of \$0.15 per Common Share. Common Shares issued in the debt settlement are subject to a statutory hold period expiring four months and one day after the issuance where applicable.

About Gaia Grow

Gaia Grow is an Alberta-based vertically integrated licensed hemp company with subsidiaries licensed for cannabis and hemp processing, extraction, product formulation, novel product development and cannabis retail. For more information about the Company, please visit www.GaiaGrow.com

The Company post its YouTube channel periodically and will continue to post further updates over the coming months. A link to Gaia’s official YouTube page can be found here: www.youtube.com/channel/UC7tbvsY5gl2CrlsESYkbbgw
Please join the conversation on our GAIA group supporter’s telegram group at <https://t.me/gaiagrow> and visit us online at 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.