

Integrated Cannabis Company, Inc.
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Integrated Cannabis Company, Inc. Appoints Mr. Seth Wiles to Board of Directors

VANCOUVER, BRITISH COLUMBIA – August 19th, 2019 – Integrated Cannabis Company, Inc. (CSE: ICAN, OTCQB: ICNAF) (“**Integrated Cannabis**” or the “**Company**”), announces that Mr. Seth Wiles has been appointed to the Board of Directors, effective immediately.

Mr. Wiles has a proven track record as an innovator and infrastructure builder. Mr. Wiles was the Senior Vice President and head of Business Development for Procan Labs. He was a part of the team that build out the largest distillate manufacturer in the state. Mr. Wiles was also the Senior Vice President of Sales and Operations at PR Newswire, the largest newswire agency in the United States. PR Newswire is owned by United Business Media.

Mr. Wiles was Chief Operations Office at AccuBraille, a \$10 million annual grossing manufacturing, along with ContractorOnline, a dotcom technology company acquired by Realtor.com. He has experience bringing multiple companies public. Mr. Wiles also has a degree in Finance and Business Admin from CUNY-Queens College.

Additionally, the Company will be launching an expanded shareholder communications initiative designed to provide improved visibility into the Company’s current and planned operations. The initiative was prompted by an increase in shareholder inquiries and the Company's desire for improved transparency for its stakeholders.

The program is comprehensive and includes further updates to the Company’s website and investor relations portal, consistent shareholder messaging in the form of video & blog posts, an active blog with articles provided by in-house contributors, as well as an expanded and comprehensive social media strategy. In order to execute on this program, the Company will seek to increase its shareholder communications with the launch of new features each month. In support of its shareholder relations initiative, the Company has retained leading corporate communications firm, Midam Ventures, LLC (“Midam”). Midam will act at arm's length to the Company and will be paid a \$50,000USD per month cash retainer, and 300,000 restricted common shares, for a 6-month period commencing August 15th, 2019.

To the knowledge of the Company, Midam Ventures, LLC and its principals do not own any of the Company's securities. Further, beyond those transactions disclosed on SEDI.ca, the Company has no knowledge of any directors trading the Company’s securities within the last 90 days. Beginning August 15th, 2019, Midam Ventures LLC has arranged for dissemination of third party research articles to be published on MarijuanaStocks.com independent from the Company, while allowing the Company to retain editorial control to ensure consistency across all articles and to ensure that all published

material was derived from information in the public domain such as the Company's website and public filings found on www.sedar.com.

About Integrated Cannabis Company

Integrated Cannabis Company, Inc. is comprised of dedicated scientists and product engineers who are passionate about health and creating health and lifestyle products utilizing advanced delivery systems and formulations. For more information, please visit the company's website at: www.x-sprays.com.

ON BEHALF OF THE BOARD

“Eugene Beukman”

Director

For further information, please contact the Company at:

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The CSE does not accept responsibility for the adequacy or accuracy of this release.

This news release may include forward-looking statements that are subject to risks and uncertainties. All statements within, other than statements of historical fact, are to be considered forward looking. Although the Company believes the expectations expressed in such forward-looking statements are based on reasonable assumptions, such statements are not guarantees of future performance and actual results or developments may differ materially from those in forward-looking statements. Factors that could cause actual results to differ materially from those in forward-looking statements include market prices, exploitation and exploration successes, continued availability of capital and financing, and general economic, market or business conditions. There can be no assurances that such statements will prove accurate and, therefore, readers are advised to rely on their own evaluation of such uncertainties. We do not assume any obligation to update any forward-looking statements except as required under the applicable laws.