NEWS RELEASE

FOR IMMEDIATE RELEASE

August 4, 2026

MOUNTAIN VALLEY MD ANNOUNCES APPOINTMENT OF ADDITIONAL ADVISORS AND STOCK OPTION GRANTS

Toronto, Ontario, August 4, 2026: Mountain Valley MD Holdings Inc. (the "**Company**" or "**MVMD**") (CSE: MVMD) (OTC: MVMDF) is pleased to announce the appointment of five additional advisors to the Company, as well as the grant of stock options to certain advisors and consultants of the Company.

APPOINTMENT OF ADVISORS

The Company has appointed the five individuals listed below as advisors to provide strategic advisory services to the Company. The advisors may receive compensation, including equity-based compensation as described below, in accordance with applicable securities laws, the Company's equity incentive plan, and the policies of the Canadian Securities Exchange (the "**CSE**").

"I am very pleased to welcome this group of advisors to MVMD," commented Dennis Hancock, President and CEO of MVMD. "We have been intentional about rounding out the experience, capabilities and relationships supporting the Company as we advance commercialization. Together with the advisors announced earlier this year, this group adds complementary expertise across clinical and consumer health, regenerative agriculture, media and strategic communications, technology, intellectual property, business development, governance and U.S. capital markets. Collectively, they strengthen our ability to advance key commercial relationships, expand our U,S. business development opportunities, and prepare the Company for its next stage of growth."

Zach Bush, MD

Dr. Zach Bush is a triple board-certified physician in internal medicine, endocrinology and metabolism, and hospice and palliative care, and a recognized voice at the intersection of human and planetary health. He completed his residency in internal medicine and fellowship in endocrinology and metabolism at the University of Virginia Health System, where he also served as a clinical instructor. He later served as Associate Medical Director of Hospice of the Piedmont.

A physician, researcher, author and educator, Dr. Bush's work focuses on the microbiome, chronic disease, food systems, soil health and regenerative agriculture. He is the founder of Seraphic Group and a co-founder of Farmer's Footprint, a nonprofit organization that works with farmers, communities and industry to advance regenerative agriculture and strengthen the connections among soil health, food systems and human health. His commercial experience includes the ION line of microbiome-support products, while his broader work spans consumer health, agriculture, education, and nonprofit initiatives addressing human and ecological health.

Erai Beckmann

Erai Beckmann is a serial entrepreneur, investor, operator and strategic advisor with more than two decades of experience building, scaling and commercializing ventures across health sciences, emerging technologies and international markets. He has founded, led and advised private and publicly traded companies, with experience spanning commercialization strategy, regulatory navigation, international expansion, strategic partnerships and capital-markets development.

Mr. Beckmann was an early participant in the global cannabinoid pharmaceutical industry and co-founded one of the first CBD pharmaceutical companies to legally import into Latin America. He worked with regulators, policymakers, physicians and industry stakeholders in connection with changes to Brazil's medical CBD framework in 2015. He currently serves as Founding Partner of Peace Through Trade, a regulation-focused Layer 1 blockchain ecosystem integrating artificial intelligence and digital infrastructure, and as principal of a private family office focused on emerging technologies, sustainability and growth-stage businesses. In 2025, Peace Through Trade was recognized at the inaugural SDG Leaders Luncheon hosted by SDG News at United Nations Headquarters during the 80th United Nations General Assembly.

Mehcad Brooks

Mehcad Brooks is an actor, writer, director, poet, entrepreneur and media executive whose career spans acting, writing, directing, producing and the development of media and technology ventures. Born and raised in Austin, Texas, he studied at the University of Southern California's School of Cinematic Arts before building a career across film, television, music and digital media.

Mr. Brooks' is internationally recognized for his roles in Desperate Housewives, True Blood, Supergirl, Law & Order and the Mortal Kombat film franchise. Beyond acting, he is the founder of Defiant Media, MB Interactive and Meta Film Ventures, ventures focused on developing original content and applying artificial intelligence and emerging technologies within media. He also serves on the Advisory Board of the Center for World Philosophy & Religion and the board of The Peace Studio.

His work also includes advocacy focused on human potential, innovation and precision wellness, including the potential role of emerging health technologies in improving outcomes, expanding access and supporting human performance. His experience across these areas includes entrepreneurship, strategic partnerships, technology-focused business leadership and engagement with global audiences.

Sanjeev Goel, MD, FCFP (PC)

Dr. Sanjeev Goel is a Canadian family physician, entrepreneur, author and educator with more than 25 years of clinical experience. He received his medical degree from the University of Toronto and is certified in family medicine by the College of Family Physicians of Canada. He is the founder and CEO of Peak Human, a personalized health practice focused on longevity, preventative health and human performance. His professional experience includes family medicine, remote medical service in Himalayan communities and mindfulness education for healthcare professionals.

Dr. Goel's work focuses on healthy aging and the relationship among physical, mental and emotional well-being. Through his clinical practice, educational programs, writing and speaking engagements, he has explored areas including mindfulness, hormesis, autophagy, biological rhythms and personalized longevity protocols. His broader experience spans clinical medicine, integrative and regenerative health, health technology and patient education.

Eric Zember

Eric Zember is a strategic advisor, technology executive and lawyer with experience spanning seed-stage companies to Fortune 40 enterprises. He currently serves as General Counsel of Affinity Solutions, a consumer intelligence and data analytics company, where he advises on strategic growth, partnerships, governance, artificial intelligence, financing and regulatory matters. Over his career, he has negotiated more than $1 billion in technology, artificial intelligence, intellectual property licensing, software-as-a-service and data transactions, including while serving in senior legal and strategic roles at SAP and Lowe's Companies.

Zember is an experienced board member and advisor who previously served on the Board of Directors of The Explorers Club, an international scientific society, and was the youngest person elected to its Board in the organization's history. His published research on memory and cognition has appeared in Memory & Cognition and in a volume published by the American Psychological Association. A graduate of the University of Pennsylvania Law School and Cornell University, his broader experience spans strategic partnerships, intellectual property commercialization, governance, technology transactions and growth strategy.

STOCK OPTION GRANT

The Company also announces that, pursuant to the Company's Stock Option Plan, an aggregate of 3,250,000 incentive stock options have been granted to certain consultants and advisors of the Company at an exercise price of $0.075 per share. The options are exercisable for a period of five years, with 20% vesting on the date of grant, 30% vesting on the 6-month anniversary following the date of grant, and the remaining 50% vesting on the 12-month anniversary following the date of grant. Any securities issued upon exercise of the options will be subject to any applicable resale restrictions under CSE policies and securities laws.

"Our progress depends on the quality and commitment of the people working alongside the Company, both internally and in an advisory capacity," commented Dennis Hancock, President and CEO of MVMD. "These option grants recognize that contribution and create a direct connection between their ongoing work and the long-term value we are seeking to build for shareholders."

ABOUT MOUNTAIN VALLEY MD HOLDINGS INC.

Mountain Valley MD is building a world-class organization centered around the implementation, licensing and reselling of key technologies and formulations:

- patented Quicksome™ oral formulation and delivery technologies,
- patented Quicksol™ solubility formulation technology
- licensed product reseller of Agrarius™, a novel agricultural plant signaling technology

Consistent with its vision towards "More Life", MVMD applies its owned and licensed technologies to its work for advanced delivery of molecules for human and husbandry animal applications, including the development of products for pain management, weight loss, energy, focus, sleep, anxiety, and more. Additionally, MVMD's work with Agrarius is focused on generating a positive impact on crop yields and reducing fertilizer usage.

MVMD's patented Quicksome™ technology utilizes proprietary formulations and stabilizing molecules to encapsulate and formulate active ingredients into highly efficient product formats. The result is a new generation of product formulations that could be capable of delivering nutraceutical and drug molecules into the body faster, with greater impact, efficiency and accuracy.

MVMD's patented Quicksol™ technology covers all highly solubilized macrocyclic lactones that could be effectively applied in multiple viral applications that could positively impact human and animal health globally.

MVMD's licensed Agrarius™ agricultural plant signaling technology is designed to be applied to crops to naturally increase yields, reduce fertilizer usage, and increase general resilience to pests and climate change.

For more Company information and contact details, visit www.MVMD.com.

SOURCE: Mountain Valley MD Holdings Inc.

For further information:

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CAUTIONARY STATEMENT REGARDING FORWARD-LOOKING INFORMATION

Certain statements contained in this news release may constitute forward-looking information. Forward-looking information is often, but not always, identified by the use of words such as “anticipate”, “plan”, “estimate”, “expect”, “may”, “will”, “intend”, “should”, and similar expressions. Forward-looking information involves known and unknown risks, uncertainties and other factors that may cause actual results or events to differ materially from those anticipated in such forward-looking information.

Forward-looking information in this news release includes, among other things, statements regarding the Company’s future plans, operations, and performance, including the expected contributions of the advisors, the anticipated benefits of the advisory appointments, the intended alignment of interests resulting from the stock option grants, the vesting and exercise of the stock options in accordance with their terms and the Company’s Stock Option Plan, the Company’s ability to advance commercial relationships, pursue business development opportunities, including potential opportunities in the United States, and execute on its strategic priorities. The Company’s actual results could differ materially from those anticipated in such forward-looking information as a result of, among other things, general economic, market, and business conditions and other factors, many of which are beyond the control of the Company.

The Company believes that the expectations reflected in the forward-looking information are reasonable, but no assurance can be given that these expectations will prove to be correct and such forward-looking information should not be unduly relied upon. Any forward-looking information contained in this news release represents the Company’s expectations as of the date hereof and is subject to change after such date. The Company disclaims any intention or obligation to update or revise any forward-looking information whether as a result of new information, future events or otherwise, except as required by applicable securities legislation.