NEWS RELEASE

FOR IMMEDIATE RELEASE

April 17, 2026

MOUNTAIN VALLEY MD ANNOUNCES APPOINTMENT OF ADVISORS AND STOCK OPTION GRANTS

Toronto, Ontario – April 17, 2026 – Mountain Valley MD Holdings Inc. (the "**Company**" or "**MVMD**") (CSE: MVMD) (OTC: MVMDF) is pleased to announce the appointment of multiple advisors to the Company as well as the grant of stock options to certain directors, officers, and consultants/advisors of the Company.

APPOINTMENT OF ADVISORS

The Company has appointed the individuals listed below as advisors to provide strategic advisory services on customary commercial terms, with any compensation subject to applicable securities laws 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. "Their collective experience across human health, agriculture, formulation science, and capital markets aligns directly with our strategic priorities. As we continue to advance technologies in areas such as peptides and repurposed therapeutics, including emerging commercialization opportunities, we believe this group significantly strengthens our ability to execute and build long-term value."

Aubrey Marcus

Founder of Onnit, which he scaled to a nine-figure exit, and a recognized leader in human performance and wellness. Aubrey is a New York Times bestselling author and host of a widely followed podcast, with a demonstrated ability to translate emerging health technologies into broad consumer adoption. His experience in branding, storytelling, and distribution, combined with an extensive network across entrepreneurs, athletes, and investors, supports strategic partnerships, capital alignment, and market positioning.

Bode Miller

Olympic gold medalist and one of the most decorated alpine skiers in history, known for precision, resilience, and elite performance. Bode has expanded into entrepreneurship, agriculture, and wellness, with direct involvement in farming and land-based systems. He brings a practical perspective on performance optimization and agricultural innovation, along with relationships across sports, investment, and regenerative food systems.

Shawn Wells

Widely regarded as a leading formulator in the nutraceutical industry, Shawn Wells is a nutritional biochemist behind numerous commercially successful ingredients and products. He holds multiple patents across ingredients and formulations and has worked with many global supplement brands. His expertise in bioavailability, ingredient innovation, peptide science, and regulatory strategy supports product development and scalability, with a focus on optimizing stability, delivery systems, and real-world efficacy.

Emily Kaplan

Emily Kaplan is an entrepreneur, operator and strategic communications expert operating at the intersection of health innovation, science literacy, and business growth. As CEO and Co-founder of MetFix, a national network of 150+ brick-and-mortar affiliate locations deploying evidence-informed metabolic health protocols and the Broken Science Initiative, she has built a two-pronged platform addressing the root cause of the chronic disease epidemic. As founder of The Kleio Group, she advises politicians, celebrities, and CEOs through crisis, launch, and strategic pivots. A 2x HarperCollins business author and former producer for ABC News' 20/20, Primetime, and Good Morning America, she has been featured in The Wall Street Journal and The New York Times. Emily brings two decades of experience translating complex science and high-stakes narratives into clear, actionable strategy. She is a recognized voice in performance health and alternative health ecosystems, known for identifying early-stage breakthroughs and the influence to move them forward.

Janet Zand

Dr. Janet Zand is a pioneer in integrative medicine with decades of experience combining conventional and complementary therapies. She has been actively involved in exploring and advancing repurposed therapeutics, within broader treatment frameworks. She is a co-founder and formulator for Zand Formulas, Humann and Pure BioHealth. She was the lead researcher on the first published, researched nitric oxide nutraceutical which now has had over 1.5 million doses. Dr. Zand brings seasoned clinical expertise, regulatory awareness, and a patient-centered approach, strengthening the company's credibility across both medical and consumer health landscapes.

Mark Gelnaw

Mr. Gelnaw is a senior financial executive with more than 35 years of experience in financial management, corporate strategy, and business leadership. He has served as Chief Operating Officer of Deutsche Bank and Chief Operating and Financial Officer at Lehman Brothers, and held senior roles at Salomon Brothers and Arthur Andersen. He also acted as CEO and CFO of Cynvec LLC, a cancer research company partnered with NYU. Mr. Gelnaw sits on numerous business advisory boards for both profit and non-profit organizations and is the founder of Breakwater Ventures, which manages investments across multiple sectors including healthcare, technology, and financial services.

Alex Wolfe

Alex Wolfe is a founder, operator, and brand builder with over 12 years of experience in regulated and emerging markets, including psychedelics and nutraceuticals. As the founder of Eons, a global health and wellness company focused on functional mushroom-based products, he works to combine adaptogenic compounds with advanced biotechnology platforms, including MVMD's Quicksome™ technology, to support the development of differentiated consumer health products. He brings experience in business development, commercialization, and market positioning, with a focus on scaling innovative technologies in high-growth categories.

Dan Engle

Dr. Dan Engle is a board-certified psychiatrist with expertise in integrative mental health and emerging therapeutic approaches, including psychedelic-assisted therapy. He has extensive experience working with trauma, veterans, and high-performance individuals, bridging conventional psychiatry with evolving treatment modalities. Dr. Engle contributes clinical perspective, ethical oversight, and domain expertise in neurological and mental health innovation.

Domingos S. S. Junior

Domingos S. S. Junior is the founder and lead investor at DSJ Capital, a U.S.-based private equity firm. He brings more than two decades of experience across pharmaceutical, cosmetic, food, and medical device industries, with deep expertise in regulatory affairs, quality systems, and manufacturing operations. Domingos previously served for over 20 years at ANVISA as a Senior Regulatory Affairs Specialist, with experience in GMP inspections, regulatory policy, and international coordination, including participation in ICH forums. His background supports regulatory strategy, manufacturing scale-up, and international market development.

Luis Felipe Scarpa Street

Luis Felipe Scarpa Street is an investor and entrepreneur with over 25 years of experience across financial services, biotechnology, and industrial ventures. He co-founded and managed a Brazilian hedge fund later acquired by Bradesco and has held executive leadership roles in marketing and business development. He is currently Chief Business Development Officer at Tecbio and co-founder of Biogrowth do Brasil. His experience spans capital markets, biotechnology commercialization, and industrial applications, supporting business capitalization and strategic growth initiatives.

STOCK OPTION GRANT

The Company also announces that, pursuant to the Company's Stock Option Plan, an aggregate of 15,100,000 incentive stock options have been granted to certain directors, officers, and consultants/advisors of the Company at an exercise price of $0.06 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.

"The granting of stock options is an important component of our approach to aligning our team and advisors with long-term shareholder value," commented Dennis Hancock, President and CEO of MVMD. "This structure allows us to preserve cash while ensuring that those contributing to the Company's progress are directly incentivized alongside our shareholders as we continue to execute on our strategic priorities."

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:

Dennis Hancock
President and Chief Executive Officer
Mountain Valley MD Holdings Inc.
Investor Relations @ 647-725-9755
Email: info@mvmd.com
www.MVMD.com

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 and the Company's ability to execute on its strategic priorities. Statements regarding the expected use of proceeds are based on management's current intentions and are subject to change depending on, among other things, future operating requirements and the availability of alternative sources of financing. 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.

Neither the CSE nor OTC has reviewed or approved the contents of this press release.