NEWS RELEASE

FOR IMMEDIATE RELEASE

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MOUNTAIN VALLEY MD ADVANCES QUICKSOME™ SUBLINGUAL DELIVERY PLATFORM FOR COMPOUNDED PEPTIDE APPLICATIONS, REPORTS ON INITIAL FORMULATION WORK ACROSS MULTIPLE PEPTIDES INCLUDING BPC-157

Toronto, Ontario – May 29, 2026 – Mountain Valley MD Holdings Inc. (the "**Company**" or "**MVMD**") (CSE: MVMD) (OTC: MVMDF) is pleased to report on the advancement of its patented Quicksome™ sublingual delivery platform as part of the Company's strategy to position Quicksome™ as a differentiated delivery solution within the evolving compounded peptide marketplace across North and South America.

Over the past six months, the Company has expanded its internal formulation capabilities following investments in laboratory equipment and capabilities to support direct work with sensitive molecules, including peptides and bioactive compounds requiring controlled environment handling and stability-focused formulation work. Through this program, the Company has completed initial Quicksome™ sublingual formulation work across several peptides currently drawing noteworthy attention within the compounded pharmacy channel, including BPC-157, GHK-Cu, KPV, SNAP-8, and retatrutide. Dosing finalization is being conducted across several of these programs in preparation for anticipated compounded pharmacy commercialization opportunities.The Company's current programs are focused on evaluating sublingual delivery applicability, formulation stability characteristics, and commercial potential within the compounded pharmacy network. The Company is not developing proprietary peptide drugs and does not hold ownership rights to any of the underlying peptide molecules referenced in this release.

"We believe the peptide category is entering one of the most important growth periods in its history," stated Dennis Hancock, President and CEO of MVMD. "Our focus is entirely on Quicksome™ as a differentiated delivery platform that we believe has the potential to move important molecules from needle-based administration and refrigerated logistics toward a more accessible sublingual format. Six months ago we began the formulation work to demonstrate that. Today we are reporting that the platform is applicable across multiple peptides of commercial significance. We believe we are well positioned to serve as an important delivery option for broader consumer adoption as this market evolves."

QUICKSOME™ SUBLINGUAL DELIVERY PLATFORM

A fundamental challenge in peptide administration is bioavailability. Peptide chains are highly susceptible to degradation by the harsh acidic environment of the stomach and the proteolytic enzymes of the gastrointestinal tract, which break down peptide bonds before the active molecule can reach systemic circulation. The result is that conventional oral peptide formulations typically achieve negligible systemic bioavailability, making injection the dominant delivery method across most clinically active peptides in use today. Sublingual delivery bypasses the gastrointestinal tract entirely, allowing molecules to be absorbed directly through the highly vascularized tissue beneath the tongue and enter systemic circulation without first-pass degradation.

Quicksome™ is the Company's patented sublingual rapid-dissolve delivery technology. Active molecules are formulated into a tablet that dissolves under the tongue, designed to provide systemic delivery without injection. For peptides currently requiring refrigeration and needle-based administration, the Company believes this format may offer several potential advantages:

- needle-free administration and improved patient convenience
- potential elimination or reduction of refrigerated handling requirements
- expanded distribution flexibility and commercial accessibility
- improved regimen compliance for needle-adverse patients

The Company's cold chain credentialing is grounded in validation work conducted under a formal two-year collaborative research agreement with the FDA (U.S. Food and Drug Administration), announced in June 2021. In the Company's initial cold chain evaluation, Quicksome™ technology achieved 100% preservation and stability of IPV serotype two of a Trivalent Inactivated Poliovirus Vaccine (tIPV) after five days of exposure to 40 degrees Celsius, meeting the World Health Organization's requirements across all three defined vaccine cold chain management categories, including the Controlled Temperature Chain standard which requires tolerance of 40 degrees Celsius for a minimum of three days. IPV serotypes one and three achieved 50% preservation in the same evaluation. The Company believes these results demonstrate the platform's capability to preserve and stabilize heat-sensitive biological molecules outside of a refrigerated environment — a characteristic it considers directly beneficial to the compounded peptide category.[1]

THE COMPOUNDED PEPTIDE MARKET

Peptides are naturally occurring chains of amino acids that function as biological signaling molecules involved in tissue repair, hormonal regulation, metabolic function, immune response, and other physiological processes. Peptide therapeutics have been used clinically for decades across oncology, endocrinology, metabolic disease, and regenerative medicine, with the FDA having authorized approximately 100 peptide-based medicines to date.[2]

The global peptide therapeutics market was valued at approximately USD $141 billion in 2025 and is projected to reach approximately USD $295 billion by 2033, growing at an approximately 8.7% compound annual growth rate.[3]

A recent development within the category has been with regard to the GLP-1 receptor agonist class. Therapies anchored by semaglutide and tirzepatide generated combined global reported revenues of approximately USD $46 billion in 2024. The next-generation GLP-3 class, anchored by retatrutide — Eli Lilly's triple agonist currently in Phase III clinical trials — is projected by leading industry analysts to generate revenues in the range of USD $15 billion to USD $30 billion by 2031 for Lilly alone. The Company does not own, develop, or hold any rights to GLP-class molecules. The Company's work in this area is limited to evaluating the applicability of its Quicksome™ delivery platform to such molecules within the compounded pharmacy channel.[4]

The Company's formulation and commercialization activities are not dependent solely on the potential expansion of categories currently under regulatory review. Several GLP-class therapies and other peptide molecules are already commercially established within approved pharmaceutical and compounded pharmacy channels. The Company notes, however, that the United States regulatory framework surrounding compounded peptides continues to evolve in a direction that may materially expand the addressable market for differentiated delivery technologies.

On February 27, 2026, United States Secretary of Health and Human Services Robert F. Kennedy Jr. publicly stated that approximately 14 peptides currently classified on the FDA's Category 2 Bulk Drug Substances List — a designation that has restricted their use by compounding pharmacies — are expected to be considered for potential return to Category 1 status, which would permit licensed compounding pharmacies to prepare them under physician prescription. On April 16, 2026, the FDA confirmed a Pharmacy Compounding Advisory Committee ("PCAC") meeting scheduled for July 23 and 24, 2026, at which seven peptides will be reviewed for potential inclusion on the 503A Bulk Drug Substances List: BPC-157, TB-500, KPV, MOTS-c, Emideltide,

Semax, and Epitalon. A second meeting anticipated before February 2027 will review five additional peptides including GHK-Cu, Melanotan II, Cathelicidin, Dihexa acetate, and PEG-MGF. The Company notes that a positive Committee recommendation initiates a formal rulemaking process and that the timing of any reclassification remains subject to that process.

“The regulatory environment appears to be moving toward a broader re-evaluation of compounded peptides, and we believe that creates a potentially important opening for differentiated delivery technologies,” commented Mr. Hancock. “BPC-157 is on the FDA’s formal review list. Retatrutide is one of the most closely watched pharmaceutical developments of this decade. Our role is not to own or develop these molecules. Our role is to be the platform that enables simpler, more accessible delivery of them and our team has spent the past six months building exactly that capability.”

COMMERCIALIZATION STRATEGY

MVMD’s peptide-related initiatives are being advanced within the Company’s broader Quicksome™ commercialization framework, which is focused on compound pharmacy partnerships, formulation licensing arrangements, and regional commercialization structures across North and South America. The Company continues to advance business development discussions related to Quicksome™ applications across multiple human health categories, including peptide-based therapies, weight management, hormonal health, recovery, anti-aging, and other bioactive molecule applications.

Current activities within the Company’s commercialization framework include ongoing formulation refinement, dosing optimization work, stability assessment, compound pharmacy engagement discussions, and evaluation of regional commercialization structures intended to support future Quicksome™ product deployment across North and South America.

The Company’s current strategy is focused on establishing Quicksome™ as a platform technology that may be licensed, integrated, or commercialized through compound pharmacy, telehealth, wellness, and broader bioactive molecule distribution relationships, rather than pursuing traditional pharmaceutical drug development pathways.

MVMD expects its next phase of work to include continued formulation advancement, expanded business development discussions, and evaluation of potential pilot commercialization opportunities involving select Quicksome™ peptide applications where legally permissible and commercially appropriate.

“Quicksome™ is a platform technology, not a single-product opportunity,” said Mr. Hancock. “The commercial case is straightforward: if we can take molecules that currently require refrigeration and injection and reformulate them into a sublingual tablet that is stable at room temperature and can be taken without a needle, we change the distribution economics and the patient experience for that molecule entirely. Our strategy is not dependent on any single regulatory outcome as many of the largest peptide categories already exist within established compounded markets today. What the current regulatory review process potentially does is expand that universe materially. We believe we are building infrastructure for a category that is growing rapidly.”

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.

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REFERENCE SOURCES

1 World Health Organization, “The Controlled Temperature Chain,” 2016; Mountain Valley MD Holdings Inc., news release dated July 7, 2021 (MVMD initial cold chain evaluation results under formal FDA collaborative research agreement).

2 U.S. Food and Drug Administration; see also Muttenthaler M. et al., “Trends in peptide drug discovery,” Nature Reviews Drug Discovery, 2021, 20(4):309–325.

3 Grand View Research, “Peptide Therapeutics Market Size | Industry Report, 2033,” grandviewresearch.com/industry-analysis/peptide-therapeutics-market, accessed May 2026.

4 Novo Nordisk Annual Report 2024 (semaglutide products: DKK 201.84 billion, approx. USD $29.3 billion); Eli Lilly 2024 Annual Report (tirzepatide: USD $16.46 billion). Combined approx. USD $45.8 billion. GLP-3 projections: GlobalData, “Obesity in Major Markets — Forecast to 2031” (USD $15.6 billion for retatrutide by 2031); Clarivate, “Drugs to Watch 2026” (USD $30 billion by 2031). These are third-party analyst projections. The Company makes no representation as to their accuracy.

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 peptide delivery platform strategy and anticipated commercial opportunities therefrom; the anticipated progression of the United States regulatory review process for compounded peptides, including the outcome of the Pharmacy Compounding Advisory Committee's July 2026 meeting and any subsequent rulemaking; the potential commercial applications of the Company's Quicksome™ technology in the compounded peptide and GLP-class peptide categories; the Company's ongoing formulation and delivery programs including work relating to BPC-157, GHK-Cu, KPV, SNAP-8, retatrutide, and other molecules; and the anticipated size and growth of the global peptide therapeutics market.

The Company's actual results could differ materially from those anticipated in such forward-looking information as a result of regulatory decisions, the outcome of the FDA's formal review process and any rulemaking regarding compounded peptides, competitive factors in the industries in which the Company operates, the Company's ability to successfully complete formulation programs and advance them into commercial relationships, prevailing economic 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.