



FORM 7

SEPTEMBER MONTHLY PROGRESS REPORT

Name of CSE Issuer: *MOUNTAIN VALLEY MD HOLDINGS INC. (“MVMD” or the “Company”).*

Trading Symbol: *MVMD*

Number of Outstanding Listed Securities: 329,222,591

Date: October 5, 2021

Report on Business

1. Provide a general overview and discussion of the development of the Issuer’s business and operations over the previous month. Where the Issuer was inactive disclose this fact.

TRIALS, STUDIES, RESEARCH AND DEVELOPMENT

MVMD has continued throughout the month of September 2021 with its previously announced trials, studies and development work. Further to an announcement made on September 15, 2021 regarding the retraction of a reported data set with respect to its Ivectosol™ pre-clinical canine trial data, the Company has also initiated steps to re-run the trial, in addition to having immediately implemented corrective internal processes. Based on current information, the Company remains confident in the key benefits of its patented solubility technology in its Ivectosol™ product, including improved pharmacokinetic parameters compared to standard ivermectin. The Company is continuing with the previously disclosed business direction for its Ivectosol™ applications and related research and development activities in the areas of animal and human health, including husbandry, oncology, and other disease areas, with no material change anticipated as a result of the retraction.

LICENSING AGREEMENTS

Mountain Valley (the Company’s wholly-owned subsidiary) entered into a letter of intent (the “LOI”), announced on September 29, 2021, to complete a licensing agreement with Red White & Bloom Brands Inc. (“RWB”), a publicly traded multi-state cannabis operator and house of premium brands that are available across the cannabis market in the United States. Mountain Valley and RWB anticipate completing a Product Development and Commercial Licensing Agreement (the “Agreement”) before the end of October, 2021. The Agreement will set out the terms upon which Mountain Valley will develop one or more formulas using MVMD’s Quicksome™ technology and novel cannabinoid solubilization technique to be applied by RWB to various cannabis product applications. RWB would have an exclusive license initially in Florida, Michigan and California to manufacture and distribute its cannabis products in exchange for payments, including research and

development fees and royalties. Through its research and development work, Mountain Valley had worked initially on a proprietary solubilization technique that was applied to both THC and CBD molecules. The solubilized cannabinoids were then applied to a unique Quicksome™ THC-based sleep formulation created for RWB, which is the initial formula to be developed by Mountain Valley pursuant to the LOI, to achieve the desired efficacy to support RWB's pursuit of the medical sleep market initially in Florida, Michigan and California

ONCOLOGY

As announced on May 3, 2021, pre-clinical trials for triple-negative breast cancer, metastatic melanoma and Lewis Lung Carcinoma were conducted over the past several months. The results of the research conducted presented some noteworthy exploratory findings that have resulted in MVMD expanding its oncology work across these tumor types with further research studies being executed. The Company is continuing to expand its relationships with experts in clinical and research focused oncology to pursue advanced understanding of Quicksol™ technology applications across a broader array of insoluble molecules that have documented anti-cancer effects from prior independent research.

HUSBANDRY ANIMALS

The Company has completed the scheduled husbandry animal trials in Bangladesh, previously announced on March 16, 2021, that were conducted with MVMD's injectable solubilized Ivermectin technology, Ivectosol™ 1%. The studies were conducted under the supervision of The People's Republic of Bangladesh's Ministry of Fisheries & Livestock and have informed the requirements for final commercialization pathway. This will include working to complete and provide Ivectosol™ 1% extended stability data and completion in parallel of dosing and formulation testing across a broad spectrum of animal species. The Company has commenced its commercialization planning with local partners inside Bangladesh in anticipation of all necessary government approvals for full Ivectosol™ 1% manufacturing and product distribution in 2022.

FARMED FISH

The Company has been working with The People's Republic of Bangladesh's Ministry of Fisheries & Livestock on a unique project to evaluate the ability to administer its Ivectosol™ 1% formula in a farmed fish environment to explore its potential to impact positive health outcomes. MVMD invented a novel fish food application that enables Ivectosol™ 1% to be delivered to fish in an aqueous environment, with the objective of helping to prevent parasitic outbreaks that cause mortality and limit healthy growth of fish.

IVECTOL™

MVMD has garnered interest in its work with the ivermectin drug molecule and has had determined that there is immediate demand for generic ivermectin while the Company develops out its solubilized Ivectosol™ 1% applications. To satisfy current business

development discussions and requests for large scale production of ivermectin tablets, MVMD has coordinated pharmaceutical production of its own branded ivermectin product called Ivectol™, which is packaged in a 20-tablet box containing Ivermectin USP 12 mg tablets. Ivectol™ is finalizing registrations in key target markets to allow for export, as well as import and sale in approved countries.

2. *Provide a general overview and discussion of the activities of management.*

See No. 1.

3. Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.

See No. 1 with respect to Ivectol™ and No. 1 and No. 9 with respect to RWB.

4. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.

N/A

5. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.

See No. 1 with respect to the LOI and pending Agreement with RWB.

6. Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.

N/A

7. Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.

N/A

8. Describe the acquisition of new customers or loss of customers.

See No. 1 with respect to the LOI and pending Agreement with RWB.

9. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks.

The Company is currently preparing a patent for submission to the United States Patent Trademark Office (USPTO) to protect its cannabinoid solubilization work, which it believes will be a cornerstone for many unique product formulations in the cannabis marketplace. (See No. 1 for additional information.)

10. Report on any employee hiring's, terminations or lay-offs with details of anticipated length of lay-offs.

N/A

11. Report on any labour disputes and resolutions of those disputes if applicable.

N/A

12. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.

N/A

13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.

N/A

14. Provide details of any loans to or by Related Persons.

N/A

15. Provide details of any changes in directors, officers or committee members.

N/A. On September 9, 2021, the Company held its annual general and special meeting of its shareholders. All four (4) nominated, incumbent directors were re-elected by the shareholders.

16. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.

At the current time, the most significant trends and uncertainties which MVMD's management expects could impact its business and financial condition continue to focus on the global spread of the COVID-19 virus. The current climate of uncertainty around the spread, speed and fatality of this virus globally is a potential threat to general business development activities, the raw material supply chain for the company's products, employee engagement on key business activities, and the overall capitalization of the business.

Since July 2021 in particular, COVID-19 had delayed the receipt by the Company of the results of its husbandry animal trials (see prior Form 7s and news releases). Due to lockdowns in Bangladesh, which have impacted staffing and facility access, the results were initially anticipated at the end of July 2021, then prior to the end of August 2021, then in September 2021. Results were announced by the Company on September 29, 2021 (see No. 1), with additional updates to follow as they become available.

Management feels extremely fortunate that the health of its team has not to date otherwise been impacted and the Company has been able to continue to work effectively on many key business priorities.



Certificate Of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof there were is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to CNSX that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all CNSX Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated: October 5, 2021

"Dennis Hancock"

President & Chief Executive Officer

<i>Issuer Details</i> Name of Issuer <i>MOUNTAIN VALLEY MD HOLDINGS INC.</i>	For Month <i>September 2021</i>	Date of Report YY/MM/D <i>2021/10/05</i>
Issuer Address <i>260 Edgeley Blvd., Unit 4,</i>		
City/Province/Postal Code <i>Vaughan, ON L4K 3Y4</i>	Issuer Fax No. <i>N/A</i>	Issuer Telephone No. <i>647 725-9755</i>
Contact Name <i>Dennis Hancock</i>	Contact Position <i>President & CEO</i>	Contact Telephone No. <i>647 725-9755</i>
<i>info@mountainvalleymd.com</i>	<i>www.mountainvalleymd.com</i>	