



CAVA HEALTHCARE INC.
(FORMERLY ALTERNATIVE EXTRACTS INC.)
PRESS RELEASE

CAVA HEALTHCARE INC. ANNOUNCES APPOINTMENT OF DR. N. LEIGH ANDERSON AND DR. TERRY PEARSON AS FOUNDER MEMBERS OF ITS SCIENTIFIC ADVISORY COMMITTEE

Vancouver, British Columbia, July 25, 2019 – Çava Healthcare Inc. ("ÇAVA" or the "Company"), is pleased to announce it has established a Scientific Advisory Committee and, effective July 23, 2019, has appointed Dr. N. Leigh Anderson and Dr. Terry Pearson as its founding members. In welcoming Dr. Anderson and Dr. Pearson, Professor Wilfred Jefferies (ÇAVA Chairman and Chief Scientific Officer) noted the importance of their expertise to ÇAVA, especially in clinical diagnostics, proteomics, antibody technology and clinical nanotechnology and personalized medicine.

Dr. N. Leigh Anderson obtained his BA in Physics from Yale and a PhD in Molecular Biology from Cambridge University (England). He has published 170 papers and been granted 44 US Patents. He co-founded Large Scale Biology, an early proteomics company that IPO'd in 2000, has served on the board of directors of Dade Behring (a global diagnostics company) and Luna Innovations (fiber-optic test and measurement). He received the 1983 Pittsburgh Analytical Chemistry Award; the 2008 Award for Outstanding Contributions to Animal Clinical Chemistry (AACC Division of Animal Clinical Chemistry); and the 2009 HUPO Distinguished Achievement Award in Proteomic Science. He is a resident of Washington, DC, USA. Background on Dr. Anderson's work can be found here: **The Promise of Plasma Proteomics in the Clinical Laboratory: Fact and Fiction** (https://www.youtube.com/watch?v=WL2qXRD3u_I).

Dr. Terry Pearson is an emeritus professor in the Department of Biochemistry and Microbiology at the University of Victoria. He obtained his BSc in microbiology and PhD in immunology from the University of British Columbia where he worked with Professors Julia Levy and Douglas Kilburn and continued as a postdoc and staff scientist at the MRC Laboratory of Molecular Biology in Cambridge, England. Working together with Nobel Laureates, Caesar Milstein and Georges Köhler, at Cambridge he generated the world's first commercial monoclonal antibody that laid the foundation for the exploitation of antibodies for diagnostics and therapeutics and many scientific applications. He then joined the International Laboratory for Research on Animal Diseases (Nairobi, Kenya) where he introduced monoclonal antibody technology to Africa. For more than 35 years, his research has focused on tropical diseases (mainly African sleeping sickness), and translation of basic research discoveries into application to clinical diagnostic medicine in both the developed and developing world. He currently serves on the boards of several private and public biotechnology companies. He is a resident of British Columbia, Canada. Background on Dr. Pearson's work can be found in his recent TEDx Talk: **Your life in a drop of blood** (<https://www.youtube.com/watch?v=ZxMr8LzmnrS>)

The Company is pleased to announce that they have cancelled 16,333,333 share purchase warrants pursuant to a cancellation agreement. These warrants were issued June 21, 2017 and extended to expire on December 31, 2019.

The Company's new website has launched at www.cavahealthcare.com.

For further information, please contact the Company at info@cavahealthcare.com or (604) 803-8439.

On behalf of the Board,

Adrian P. Wade, PhD,
Director and Chief Financial Officer

**ÇAVA HEALTHCARE INC. ÇAVA IS FOCUSED ON ENHANCING OPTIMAL HEALTH
BY PREDICTING, PREVENTING AND ALLEVIATING DISEASE**

Chronic and acute inflammation and poor immune function are at the core of developing disease. ÇAVA is addressing this unmet healthcare challenge through isolation and characterization of novel compounds from medicinal plant extraction, creation of novel biomarkers for disease, and application of cutting-edge technologies to reverse inflammation and restore immune function to achieve optimal health.

FORWARD LOOKING INFORMATION

Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in policies of the TSX-V) accepts 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. This press release contains forward-looking statements. The use of any of the words "anticipate", "continue", "estimate", "expect", "may", "will", "project", "should", "believe" and similar expressions are intended to identify forward-looking statements. Although the Company believes that the expectations and assumptions on which the forward-looking statements are based are reasonable, undue reliance should not be placed on the forward-looking statements because the Company can give no assurance that they will prove to be correct. Since forward-looking statements address future events and conditions, by their very nature they involve inherent risks and uncertainties. These statements speak only as of the date of this press release. Actual results could differ materially from those currently anticipated due to a number of factors and risks various risk factors discussed in the Company's Management's Discussion and Analysis under the Company's profile on www.sedar.com.