



ÇAVA HEALTHCARE INC.

PRESS RELEASE

ÇAVA HEALTHCARE INC. ANNOUNCES APPOINTMENT OF PETER FIELD AS DIRECTOR AND TAMMY GILLIS AS CHIEF FINANCIAL OFFICER (CFO) AND ADRIAN WADE AS CHIEF OPERATING OFFICER (COO)

Vancouver, British Columbia, August 19, 2019 – Çava Healthcare Inc. ("ÇAVA" or the "Company"), is pleased to announce the appointment of Peter Field as Director, Tammy Gillis as CFO and Adrian Wade as COO.

Mike Withrow has agreed to step away as Director to enable the appointment of Mr. Peter Field to the Board of Directors of ÇAVA. Mr. Withrow has kindly consented to serve ÇAVA as a member of its new Business Advisory Committee. The Company would like to thank Mr. Withrow for his contributions to date and looks forward to continuing its relationship with him in his new strategic role.

The Company has accepted the resignation of Mr. Adrian Wade as Chief Financial Officer (CFO) and has appointed him as Chief Operating Officer (COO).

PETER FIELD, BBA

Mr. Field is a Vancouver based entrepreneur with over 30 years' experience as an owner/operator of various companies in the Technology and Nutraceutical and Biocetical spaces, most recently as CEO of Strauss Naturals Ltd. for the past five years. Mr. Field obtained a Bachelor of Business Degree majoring in Marketing and Management from the University of Portland where he also had a successful soccer career as a NCAA Division I athlete. He specializes in start-ups and holds extensive knowledge and expertise in nutraceutical manufacturing and product development. He focuses on taking ideas from concept to monetized commercial and consumer products. Mr. Field is passionate about helping people by combining innovative technology (i.e. extraction methods, delivery mechanisms) and natural compounds to create highly effective medicinals. Mr. Field has a desire to be on the forefront of disease prevention enriching people's lives through product efficacy. He has the ability to adapt quickly to meet the demands of a changing environment possessing the energy to lead and inspire teams with the creativity and drive to develop new ideas and turn them into profitable products.

TAMMY GILLIS, CPA, CMA

Ms. Tammy Gillis is a Chartered Professional Accountant (CPA) and Certified Management Accountant (CMA) with over 20 years' experience in the public markets bringing a comprehensive background in finance, reporting and regulatory requirements of manufacturing, technology and junior exploration industries. Starting her career working at a corporate and securities law firm in 1996, she moved to industry in 1999 and obtained her CPA and CMA in 2008. Ms. Gillis previously served as Corporate Accountant for Concert Industries Ltd., a manufacturing company, as Treasurer of Geologix Explorations Inc. and CFO of New World Resource Corp., both junior exploration companies, CFO of Nano One Materials Corp., a technology company and CFO for Northern Lion Gold Corp., a junior exploration company listed on the TSXV and the Director of Finance for ViOLifestyles Inc., a private direct-sales retailer of everyday consumable goods. She has volunteered as CFO for Global Change for Children, a registered non-profit with the purpose of providing financial support for the promotion and enhancement of children's welfare and as Vice President of Valley Ball Hockey Association. She currently volunteers as treasurer of the Aldergrove Minor Hockey Association.

Adrian Wade, BSc, Ph.D.

Dr. Wade is an analytical chemist and computer scientist. He obtained his B.Sc. from the University of Southampton (1981) and a Ph.D. from the University of Wales (1985). He taught analytical chemistry at the University of British Columbia (1987 to 1994) and was a Visiting Research Associate in the laboratory of Professor Christopher Enke at Michigan State University (1985 to 1987). He has published over 50 scientific papers, including research in the area of automated chemical analysis, automated extraction methods and chromatography. He is also co-owner of Ursa Technologies Ltd., a British Columbia company which undertakes research and development in medicinal chemistry, process analytical chemistry and environmental remediation.

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 Operating 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.

