



ÇAVA HEALTHCARE INC.

PRESS RELEASE

ÇAVA HEALTHCARE INC. ANNOUNCES MR. PETER FIELD AS PRESIDENT AND CHIEF EXECUTIVE OFFICER AND MS. TAMMY GILLIS AS CORPORATE SECRETARY

Vancouver, British Columbia, October 16, 2019 – Çava Healthcare Inc. ("ÇAVA" or the "Company"), is very pleased to announce the appointment of Mr. Peter Field, BBA, a Director of the Company, as President and Chief Executive Officer (CEO). The Company also announces that Ms. Denby Greenslade and Mr. Samuel Mercer, B.Sc., are stepping down as Officers of the Company. Mr. Mercer will remain a Director of the Company. Finally, the Company is pleased to announce that Ms. Tammy Gillis, Chartered Professional Accountant (CPA) and Certified Management Accountant (CMA), the Chief Financial Officer (CFO) of the Company, will also serve as Corporate Secretary of the Company. These changes are effective immediately. The Board thanks Ms. Greenslade for her valued assistance and Mr. Mercer for his help in acquiring the Company's extensive portfolio of patents and patent applications and looks forward to continuing to work with Mr. Mercer in his new role.

Mr. Peter Field is a Vancouver based entrepreneur with over 30 years' experience as an owner/operator of various companies in the Technology and Nutraceutical and Bioceutical 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 with extensive knowledge and expertise in nutraceutical manufacturing as well as product development. He focuses on taking ideas from concept to monetized commercial and consumer products. 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 profit. Mr. Field is passionate about helping people by combining innovative technology (i.e. extraction methods, delivery mechanisms) and natural compounds to create highly effective health products. Mr. Field has a desire to advance Çava Healthcare Inc. to the forefront of disease prevention and enriching people's lives through product efficacy.

Ms. Tammy Gillis is a Chartered Professional Accountant (CPA) and Certified Management Accountant (CMA) with over 20 years' experience in the public markets bringing 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, CMA in 2008. Ms. Gillis previously served as Corporate Accountant for Concert Industries Ltd., a manufacturing company, as Treasurer of Geologix Explorations Inc. and Chief Financial Officer (CFO) of New World Resource Corp. and Northern Lion Gold corp., all junior exploration companies, and CFO of Nano One Materials Corp., a technology company. 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 is currently the Director of Finance for VioLifestyles Inc., a direct-sales retailer of everyday consumable goods. She volunteers as Treasurer of the Aldergrove Minor Hockey Association.

For further information, please contact the Company at info@cavahealthcare.com or **(604) 370-1757**.

On behalf of the Board,

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

CAVA HEALTHCARE INC.

CAVA 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. CAVA 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.