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Cavan Appoints Dr. Manju Sharma MD and Doctor of Naturopathy to Advisory Board

June 17, 2014, VANCOUVER, B.C. - CAVAN VENTURES INC. (TSX VENTURE:CVN)
("Cavan" or the "Company") is pleased to provide a corporate update in regards to the continuing exploration of the potential of the Medical Marijuana and Hemp/Cannabinoid industry.

Cavan Ventures Inc. previously announced (see news release dated 2014-03-25) the diversification of its growth plan into the Medical Marijuana and Hemp industry. To accelerate this process, Dr. Manju Sharma has joined the Company as its newest member to the advisory board.

Dr. Manju Sharma is a medical doctor, working currently as a scientist at Vancouver Prostate Centre, Vancouver General Hospital for the last 5 years. Prior to this she worked in the department of Pathology and Lab Medicine, VGH for 10 years on various projects including molecular diagnosis of tuberculosis, multi-drug resistant tuberculosis, human solid tumors, kidney disorders, medicinal herbal plants like Echinacea which is widely used all over Europe and North America for the treatment of cough and cold: active principles and their mode of action on various human viral and bacterial diseases. She has published over 70 papers in medical journals and has made several presentations in the field of Medicine.

Though trained in Allopathic or Western medicine, she has been always intrigued by the power of alternative /herbal medicine for e.g., Cannabis plant. The therapeutic properties of the hemp plant, *Cannabis sativa*, have been known for many years, but the recreational use of its psychoactive effects has restricted its possible pharmaceutical application. To date, cannabinoids have been successfully used in the treatment of nausea and vomiting, two common side effects that accompany chemotherapy in cancer patients. Most non-THC plant cannabinoids e.g. cannabidiol and cannabigerol, seem to be devoid of psychotropic properties. Her paper on, "In vitro anticancer activity of plant-derived cannabidiol on prostate cancer cell lines", has been accepted in the Journal of Pharmacology and Pharmacy and will go on-line in July, 2014. Her overall findings support the concept that cannabidiol, which lacks psychotropic activity, may possess anti-inflammatory and anticancer property. Cannabidiol and other non-habit forming cannabinoids could be used as novel therapeutic agents for the treatment of prostate cancer. Her case studies confirmed cannabinoid efficacy in reducing muscle spasticity in multiple sclerosis (Hornby and Sharma 2010), pain levels over a 12 month period (Hornby and Sharma 2009) and Cannabis responsive head injury induced multiple disabilities (Sharma. 2012).

She is also working as a Natural Health consultant and analyzing cannabinoids (THC, CBD and CBN) by Gas Chromatography for the members of Green Cross Society of BC. This helps the members to choose the right cannabis strain for smoking and thereby help them to regulate their cannabis dose. Cannabis capsules are also available for the patients who want to take this medicine orally. Cannabis with high CBD and low THC are heat treated, chemically characterized using chromatography and Cannacaps (capsules) are available for oral use. At Green Cross society of BC , Cannacaps with high CBD and low THC are made available to the patients of breast cancer, prostate cancer and other medical problems like pain, inflammation, epilepsy, spasticity and eating disorders.

To view references published in the last 8 years, visit the following link: <http://media3.marketwire.com/docs/CVN%20References.pdf>.

Peter P. Swistak, President/CEO of Cavan Ventures Inc., states, "The depth and scope of Dr. Sharma's knowledge is unparalleled and Cavan is very fortunate to have access to this knowledge as we believe Dr. Sharma is the best in her field with an extensive bio and published research. Dr. Sharma will add tremendous value, credibility and unique knowledge to Cavan in its analysis of the Medical Marijuana and Hemp/Cannabinoid industry, and potential opportunities in that industry. We are excited to have Dr. Sharma available to us while we conduct due-diligence in the Cannabinoid/Medicinal Marijuana space."

At this time, no transactions are in place, nor is there any assurance that a new project will be concluded in the future.

For more information visit the website at www.cavanventuresinc.com.

ON BEHALF OF THE BOARD

Peter P. Swistak, President

Forward-Looking Statement: Certain statements in this release are forward-looking statements, which reflect the expectations of management regarding the Company's plans with respect to its existing graphite interests, future financings, and the analysis and investigation of the medical marijuana sphere. Forward-looking statements consist of statements that are not purely historical, including any statements regarding beliefs, plans, expectations or intentions regarding the future and statements concerning the anticipated drilling programs, future financings, and the Company proceeding with any transactions in the medical marijuana sphere. Such statements are subject to risks and uncertainties that may cause actual results, performance or developments to differ materially from those contained in the statements. No assurance can be given that any of the events anticipated by the forward-looking statements will occur or, if they do occur, what benefits the Company will obtain from them. In particular, the Company cautions that any financings or potential transactions cannot be predicted with certainty, and there can be no assurance at this time that all required or desirable approvals and consents to affect future financings or proposed transactions will be achieved at all. These forward-looking statements reflect management's current views and are based on certain expectations and assumptions which may prove to be incorrect. A number of risks and uncertainties could cause our actual results to differ materially from those expressed or implied by the forward-looking statements, including factors beyond the Company's control. These forward-looking statements are made as of the date of this news release.

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