

☐ Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL	
OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

1. Name and Address of Reporting Person* <u>Kilroy Edwin</u> (Last) (First) (Middle) <u>C/O MEDAVAIL HOLDINGS, INC.</u> <u>6665 MILLCREEK DR. UNIT 1</u> (Street) <u>MISSISSAUGA A6</u> <u>L5N 5M4</u> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>MYOS RENS TECHNOLOGY INC. [MDVL]</u> 3. Date of Earliest Transaction (Month/Day/Year) <u>11/17/2020</u> 4. If Amendment, Date of Original Filed (Month/Day/Year)	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Chief Executive Officer</u> 6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person
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Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Stock Option (Right to Buy)	\$2.09 ⁽¹⁾	11/17/2020		A		40,505		11/17/2020 ⁽²⁾	08/03/2028	Common Stock	40,505	\$0	40,505	D	
Stock Option (Right to Buy)	\$2.09 ⁽¹⁾	11/17/2020		A		28,512		11/17/2020 ⁽³⁾	08/03/2028	Common Stock	28,512	\$0	69,017	D	
Stock Option (Right to Buy)	\$2.09 ⁽¹⁾	11/17/2020		A		350,811		11/17/2020 ⁽⁴⁾	09/13/2028	Common Stock	350,811	\$0	419,828	D	
Stock Option (Right to Buy)	\$2.09 ⁽¹⁾	11/17/2020		A		81,715		11/17/2020 ⁽⁵⁾	09/13/2028	Common Stock	81,715	\$0	501,543	D	
Stock Option (Right to Buy)	\$2.09 ⁽¹⁾	11/17/2020		A		127,171		11/17/2020 ⁽⁶⁾	09/13/2028	Common Stock	127,171	\$0	628,714	D	
Stock Option (Right to Buy)	\$2.09 ⁽¹⁾	11/17/2020		A		108,388		11/17/2020 ⁽⁷⁾	09/13/2028	Common Stock	108,388	\$0	737,102	D	
Stock Option (Right to Buy)	\$2.09 ⁽¹⁾	11/17/2020		A		92,160		11/17/2020 ⁽⁸⁾	09/13/2028	Common Stock	92,160	\$0	829,262	D	
Stock Option (Right to Buy)	\$2.09 ⁽¹⁾	11/17/2020		A		5,136		11/17/2020 ⁽⁹⁾	09/13/2028	Common Stock	5,136	\$0	834,398	D	
Stock Option (Right to Buy)	\$1.71 ⁽¹⁾	11/17/2020		A		42,325		11/17/2020 ⁽¹⁰⁾	04/24/2030	Common Stock	42,325	\$0	876,723	D	

Explanation of Responses:

1. Price in Canadian dollars
2. 1/48 of the shares vest monthly beginning on March 9, 2018, subject to the Reporting Person continuing as a service provider through each such date.
3. 1/48 of the shares vest monthly beginning on June 1, 2018, subject to the Reporting Person continuing as a service provider through each such date.
4. All of the shares subject to this option are fully vested and exercisable as of the date hereof.
5. All of the shares subject to this option are fully vested and exercisable as of the date hereof.
6. All of the shares subject to this option are fully vested and exercisable as of the date hereof.
7. All of the shares subject to this option are fully vested and exercisable as of the date hereof.
8. All of the shares subject to this option are fully vested and exercisable as of the date hereof.
9. 1/48 of the shares vest monthly beginning on February 17, 2017, subject to the Reporting Person continuing as a service provider through each such date.
10. 1/48 of the shares vest monthly beginning on February 28, 2020, subject to the Reporting Person continuing as a service provider through each such date.

Remarks:

[Ryan Ferguson, attorney-in-fact](#) [11/18/2020](#)
[for Edwin Kilroy](#)

** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* If the form is filed by more than one reporting person, *see* Instruction 4 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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