

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

☐ 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>Mackay Fraser</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>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Chief Information Officer</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>11/17/2020</u>	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	

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	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Stock Option (Right to Buy)	\$2.09 <sup>(1)</sup>	11/17/2020		A			11/17/2020 <sup>(2)</sup>	08/03/2028	Common Stock	47,740	\$0	47,740	D	
Stock Option (Right to Buy)	\$2.09 <sup>(1)</sup>	11/17/2020		A			11/17/2020 <sup>(3)</sup>	08/03/2028	Common Stock	16,876	\$0	64,616	D	
Stock Option (Right to Buy)	\$2.09 <sup>(1)</sup>	11/17/2020		A			11/17/2020 <sup>(4)</sup>	08/03/2028	Common Stock	48,559	\$0	113,175	D	

Explanation of Responses:

1. Price in Canadian dollars.
2. 1/48 of the shares vest monthly beginning on October 17, 2017, subject to the Reporting Person continuing as a service provider through each such date.
3. 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.
4. 1/48 of the shares vest monthly beginning on September 1, 2018, subject to the Reporting Person continuing as a service provider through each such date.

Remarks:

Ryan Ferguson, attorney-in-fact 11/18/2020  
for Fraser Mackay

\*\* 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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.