UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

 Notice of Effectiveness

 Effectiveness Date:
 April 30, 2020 4:00 P.M.

 Form:
 S-3

Form:	S-3
CIK:	<u>0001402479</u>
Company Name:	MYOS RENS TECHNOLOGY INC.
File Number:	<u>333-237757</u>