

FORM 4

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

OMB APPROVAL	
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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 OF SECURITIES

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

(Print or Type Responses)

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

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

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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 Underlying Securities (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 of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Stock Option (Right to Buy)	\$ 2.09 (1)	11/17/2020		A		47,740		11/17/2020 (2)	08/03/2028	Common Stock	47,740.00	\$ 0	47,740	D	
Stock Option (Right to Buy)	\$ 2.09 (1)	11/17/2020		A		16,876		11/17/2020 (3)	08/03/2028	Common Stock	16,876.00	\$ 0	64,616	D	
Stock Option (Right to Buy)	\$ 2.09 (1)	11/17/2020		A		48,559		11/17/2020 (4)	08/03/2028	Common Stock	48,559.00	\$ 0	113,175	D	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Mackay Fraser C/O MEDAVAIL HOLDINGS, INC. 6665 MILLCREEK DR. UNIT 1 MISSISSAUGA, A6 L5N 5M4			Chief Information Officer	

Signatures

Ryan Ferguson, attorney-in-fact for Fraser Mackay	11/18/2020
Signature of Reporting Person	Date

Explanation of Responses:

* 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).

(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.

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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