

December 13, 2018

MYOS RENS Technology Announces Results of Its 2018 Annual Meeting of Stockholders

ERIC ZALTAS JOINS BOARD OF DIRECTORS

CEDAR KNOLLS, N.J., Dec. 13, 2018 /PRNewswire/ -- MYOS RENS Technology Inc. ("MYOS" or "the Company") (NASDAQ: MYOS), a biotherapeutics and bionutrition company and the owner of **Fortetropin**[®], a proprietary bioactive composition derived from fertilized egg yolk that helps build lean muscle, announced the results from the Company's Annual Meeting of Stockholders held today. At the meeting, each of the following proposals were approved and adopted:

- the re-election of Dr. Robert Hariri and Ren Ren, each a current Class I director, and the election of Eric Zaltas, each to serve until the 2021 Annual Meeting of Stockholders;
- the appointment of WithumSmith+Brown, PC as the Company's independent registered public accounting firm for the fiscal year ending December 31, 2018

Eric Zaltas is the founder and Chief Executive Officer of Pivot Nutrition LLC, a startup company focused on researching, developing and distributing products for various brands targeting athletes. Mr. Zaltas was previously Vice President of R&D and Commercialization at Premier Nutrition Corporation, a division of Post Holdings, Inc. from 2014 to 2018 where he led the integration of the R&D teams, pipelines and innovation processes for both the Premier and PowerBar(s) teams.

Joseph Mannello, Chief Executive Officer of MYOS, commented, "Eric will be a strong addition to our board of directors, bringing incomparable expertise and diverse R&D and commercial experience. He is the perfect fit for MYOS and we're fortunate to have him join our board at this critical time."

Mr. Zaltas holds a B.S. degree in Geophysics from the State University of New York at Stony Brook and a M.S. degree in Human Nutrition from the University of New Haven. He also received a Diploma in Sports Nutrition from the International Olympic Committee based in Lausanne, Switzerland.

"I'm excited to be a part of the MYOS team at such a pivotal time, following the successful launch of MYOS Canine Muscle Formula, and as the company launches its compelling sports nutrition brand, **Yolked**[®], which is currently making great strides on college campuses," said Mr. Zaltas.

About MYOS RENS Technology Inc.

MYOS RENS Technology Inc. (Nasdaq: MYOS), "The Muscle Company"[®], is a Cedar Knolls, NJ-based bionutrition company that develops and markets products that improve

muscle health and performance. MYOS is the owner of Fortetropin[®], a fertilized egg yolk-based product manufactured via a proprietary process to retain and optimize its biological activity. Fortetropin has been clinically shown to increase muscle size and lean body mass in conjunction with resistance training. MYOS believes Fortetropin has the potential to redefine existing standards of physical health and wellness. For more information, please visit www.MYOSRENS.com.


Forward-Looking Statements

*Any statements in this release that are not historical facts are forward-looking statements. Actual results may differ materially from those projected or implied in any forward-looking statements. Such statements involve risks and uncertainties, including but not limited to those relating to product and customer demand, market acceptance of our products, the ability to create new products through research and development, the successful results of strategic initiatives, the success of our products, including **Qurr[®]**, **Yolked[®]**, **MYOS Enteral Nutrition Formula[®]** and **MYOS Canine Muscle Formula[™]**, the success of our research and development, the results of the clinical evaluation of Fortetropin[®] and its effects, the ability to enter into new partnership opportunities and the success of our existing partnerships, the ability to generate the forecasted revenue stream and cash flow from sales of our products, the ability to increase our revenue and gross profit margins, the ability to achieve a sustainable, profitable business, the effect of economic conditions, the ability to protect our intellectual property rights, competition from other providers and products, the continued listing of our securities on the Nasdaq Stock Market, risks in product development, our ability to raise capital to fund continuing operations, and other factors discussed from time to time in our filings with the Securities and Exchange Commission. We undertake no obligation to update or revise any forward-looking statement for events or circumstances after the date on which such statement is made except as required by law.*

These statements have not been evaluated by the Food and Drug Administration. Our products are not intended to diagnose, treat, cure or prevent any disease.

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