September 29, 2016

MYOS RENS Announces Publication of Its Fortetropin(R) Human Clinical Trial Manuscript

Peer-Reviewed Study Published in The Journal of the American College of Nutrition Demonstrating That Fortetropin(R) Increased Lean Body Mass (LBM), Increased Muscle Thickness, and Decreased Markers of Protein Breakdown

CEDAR KNOLLS, NJ -- (Marketwired) -- 09/29/16 -- MYOS RENS Technology Inc. ("MYOS" or the "Company") (NASDAQ: MYOS) announced today the publication of the peer-reviewed study of the human clinical trial of Fortetropin®, the Company's proprietary myostatin-reducing agent, in the Journal of the American College of Nutrition. Over the course of the twelve-week double blind placebo controlled study investigating the effects of Fortetropin® on skeletal muscle growth, human subjects who received Fortetropin® showed significant gains in lean body mass and muscle thickness, while those receiving placebo did not. A con-current rodent model study, investigating the mechanism of the action of Fortetropin®, showed significant increase in anabolic and decrease in catabolic signaling.

"The results of the human clinical trial of Fortetropin® are significant and serve to validate our earlier research," said Neerav D. Padliya, Ph.D., Vice President of Research Alliances of MYOS RENS. "In addition to demonstrating Fortetropin's positive impact on lean muscle mass, we were able to gain valuable insight into its mechanism of action in the body -- in particular, its effects on mTOR and ubiquitin signaling, which play important roles in the function of muscle tissue." Dr. Jacob Wilson of the University of Tampa in collaboration with Maghsoud Dariani, Head of Science and Technology at MYOS RENS, designed the study. Dr. Wilson and his team of researchers at the University of Tampa supervised and conducted the human trial and the rodent study.

MYOS plans to initiate future clinical research to explore the positive potential impact of Fortetropin® on aging, quality of life, and longevity.

The study report, "The Effects of Fortetropin Supplementation on Body Composition, Strength, and Power in Humans and Mechanism of Action in a Rodent Model" is available at http://www.tandfonline.com/doi/abs/10.1080/07315724.2016.1142403.

About Fortetropin®

Fortetropin® is a natural myostatin-reducing agent derived from fertilized chicken egg yolk using patented, proprietary technology. Myostatin is a natural regulatory protein that inhibits the growth of new muscle tissue, and thus plays a central role in skeletal muscle health. Clinical studies have validated Fortetropin's ability to significantly decrease serum

myostatin levels while increasing muscle size and lean body mass in human and rodent subjects.

About MYOS RENS Technology, Inc.

MYOS RENS is an emerging biotherapeutics and bionutrition company focused on the discovery, development, and commercialization of products that improve muscle health and function essential to the management of sarcopenia, cachexia, and degenerative muscle diseases. MYOS RENS is the owner of Fortetropin®, the first clinically-proven, all natural myostatin-reducing agent. Myostatin is a naturally-occurring regulatory protein which inhibits muscle growth and recovery. Medical literature suggests that lowering myostatin levels has many potential health benefits including increased muscle mass, healthy weight management, improved energy levels, stimulation of muscle healing, as well as treating sarcopenia, a condition of age-related loss of muscle mass.

To discover why MYOS RENS is known as "The Muscle Company™," visit www.myoscorp.com.

If you would like to buy this Myostatin Inhibitor Supplement: Click Here

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 the successful continued research of Fortetropin® and its effects on myostatin inhibition, inflammatory cytokine levels and cholesterol levels, the successful launch and customer demand for our Rē Muscle Health™ and other products, market acceptance of our existing and future products in countries outside of the United States (such as Canada and China), the ability to create new products through research and development, growth in our revenue, the successful entry into new markets including the age management market, the ability to collect our accounts receivable from our distributors, our ability to raise capital to fund continuing operations, the ability to increase shareholder value, the ability to generate revenue and cash flow from sales of Fortetropin® and Rē Muscle Health™ products, the ability to achieve a sustainable profitable business, the effect of economic conditions, the ability to protect our intellectual property rights, the ability to maintain and expand our manufacturing capabilities and reduce the costs of our products, the ability to comply with NASDAQ's continuing listing standards, competition from other providers and products, risks in product development, and other factors discussed from time to time in our Securities and Exchange Commission filings. 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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