Prospectus Supplement No. 2 (To Prospectus dated March 16, 2023)

### eFFECTOR Therapeutics, Inc.



This prospectus supplement updates, amends and supplements the prospectus dated March 16, 2023 (the "Prospectus"), which forms a part of our Registration Statement on Form S-1 (Registration No. 333-262339). Capitalized terms used in this prospectus supplement and not otherwise defined herein have the meanings specified in the Prospectus.

This prospectus supplement is being filed to update, amend and supplement the information included in the Prospectus with the information contained in our Current Report on Form 8-K (the "Current Report"), filed with the SEC on May 19, 2023. Accordingly, we have attached the Current Report to this prospectus supplement.

This prospectus supplement is not complete without the Prospectus. This prospectus supplement should be read in conjunction with the Prospectus, which is to be delivered with this prospectus supplement, and is qualified by reference thereto, except to the extent that the information in this prospectus supplement updates or supersedes the information contained in the Prospectus.

Our common stock and warrants are listed on the Nasdaq Capital Market under the symbols "EFTR" and "EFTRW." On May 18, 2023, the closing price of our common stock was \$0.6500 and the closing price of our warrants was \$0.1698.

We are an "emerging growth company" under federal securities laws and are subject to reduced public company reporting requirements. Investing in our securities involves certain risks. See "Risk Factors" beginning on page 7 of the Prospectus.

Neither the Securities and Exchange Commission nor any state securities commission has approved or disapproved of these securities or determined if the Prospectus or this prospectus supplement is truthful or complete. Any representation to the contrary is a criminal offense.

The date of this prospectus supplement is May 19, 2023.

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

## FORM 8-K

# CURRENT REPORT PURSUANT TO SECTION 13 OR 15(d) OF THE SECURITIES EXCHANGE ACT OF 1934

eFFEC'	(Date of earliest event reported): Modern Mo	s, Inc.
(Exact	name of registrant as specified in its chart	er)
Delaware (State or other jurisdiction of incorporation)	001-39866 (Commission File Number)	85-3306396 (I.R.S. Employer Identification No.)
142 North Cedros Avenue, Suite B Solana Beach, California (Address of principal executive offices)		<b>92075</b> (Zip Code)
(R	(858) 925-8215 egistrant's telephone number, including area code)	
(1)	registrant's telephone number, including area code)	
(Forme	er name or former address, if changed since last repo	rt)
Check the appropriate box below if the Form 8-K filing ollowing provisions:		g obligation of the registrant under any of the
<ul><li>Written communications pursuant to Rule 425 und</li><li>Soliciting material pursuant to Rule 14a-12 under</li></ul>		
Pre-commencement communications pursuant to		FR 240 14d-2(b))
Pre-commencement communications pursuant to	•	• • •
ecurities registered pursuant to Section 12(b) of the Ac		1 2-10.13c-1(c))
Title of each class	Trading Symbol(s)	Name of each exchange on which registered
Common stock, \$0.0001 par value per share	EFTR	Nasdaq Capital Market
Warrants to purchase common stock	EFTRW	Nasdaq Capital Market
ndicate by check mark whether the registrant is an eme hapter) or Rule 12b-2 of the Securities Exchange Act o		5 of the Securities Act of 1933 (Sec.230.405 of this
merging growth company ⊠		
an emerging growth company, indicate by check mark ew or revised financial accounting standards provided	9	1 1 0 0

#### Item 3.01 Notice of Delisting or Failure to Satisfy a Continued Listing Rule or Standard; Transfer of Listing.

On May 17, 2023, eFFECTOR Therapeutics, Inc. (the "Company") received written notice from the Listing Qualifications Department of The Nasdaq Stock Market LLC ("Nasdaq") indicating that, based on the Company's stockholders' deficit of \$4.8 million as of March 31, 2023, as reported in the Company's Quarterly Report on Form 10-Q for the quarter ended March 31, 2023, it is not in compliance with the minimum stockholders' equity requirement for continued listing on the Nasdaq Capital Market under Nasdaq Listing Rule 5550(b)(1), which requires listed companies to maintain stockholders' equity of at least \$2.5 million. In addition, as of May 17, 2023, the Company does not meet the alternative compliance standards relating to the market value of listed securities or net income from continuing operations.

The notice described above has no immediate effect on the listing or trading of the Company's securities on the Nasdaq Capital Market. The Company has until July 3, 2023 to submit a plan to Nasdaq to regain compliance with the Nasdaq listing rules. If the Company's plan to regain compliance is accepted, Nasdaq may grant an extension of up to 180 calendar days from the date of the letter for the Company to evidence compliance.

The Company is evaluating various courses of action to regain compliance and intends to timely submit a plan to Nasdaq to regain compliance with the Nasdaq listing rules. However, there can be no assurance that the Company's plan will be accepted or that if it is, the Company will be able to regain compliance and maintain its listing on the Nasdaq Capital Market. If the Company's plan to regain compliance is not accepted or if Nasdaq does not grant an extension and the Company does not regain compliance within the requisite time period, or if the Company fails to satisfy another Nasdaq requirement for continued listing, Nasdaq could provide notice that the Company's securities will become subject to delisting.

#### **SIGNATURE**

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

eFFECTOR Therapeutics, Inc.

Date: May 19, 2023 By: /s/ Michael Byrnes

Name: Michael Byrnes
Title: Chief Financial Officer