What is claimed is:

1. Use of a pharmaceutical composition comprising a therapeutically effective amount of tricaprilin in the manufacture of a medicament for the treatment of a disease or disorder in a subject in need thereof, wherein the therapeutically effective amount of tricaprilin provides a maximum serum concentration (C_{max}) of total ketones of at least 300 µmol/L; and

wherein the therapeutically effective amount of tricaprilin is to be administered as single or divided doses between 30 g and 80 g per day.

2. The use of claim 1, wherein the therapeutically effective amount of tricaprilin provides a C_{max} of tricaprilin of at least 500 ng/mL.

3. The use of claim 1, wherein the therapeutically effective amount of tricaprilin provides a maximum serum concentration (C_{max}) of total ketones within at least 1 hour after administration, at least 1.5 hours after administration, at least 2 hours after administration, at least 2.5 hours after administration, or at least 3 hours after administration.

4. The use of claim 1, wherein the C_{max} of total ketones at least 500 µmol/L, at least 750 µmol/L, or at least 1000 µmol/L.

5. The use of claim 1, wherein the subject in need thereof is an elderly subject.

6. The use of claim 5, wherein the elderly subject lacks the ApoE4 genotype.

7. The use of claim 1, wherein the therapeutically effective amount of tricaprilin provides a C_{max} of b-hydroxybutyrate (BHB) of at least 400 µmol/L, at least 450 µmol/L, or at least 500 µmol/L.

8. The use of claim 1, wherein the therapeutically effective amount of tricaprilin provides a C_{max} of acetoacetate (AcAc) of at least 50 umol/L, at least 60 umol/L, at least 70 umol/L, at least 80 umol/L, at least 90 umol/L, or at least 100 umol/L.

9. The use of claim 1, wherein the disease or disorder is a disease or disorder associated with reduced cognitive function.

10. The use of claim 9, wherein the disease or disorder associated with reduced cognitive function is selected from Alzheimer's Disease and Age-Associated memory impairment.

11. The use of claim 1, wherein the pharmaceutical composition is formed as an emulsion for administration.

12. The use of claim 1, wherein the therapeutically effective does of tricaprilin of between 30 g and 80 g per day is achieved by titrating up to the final therapeutically effective dosage.

13. The use of claim 12, wherein the titration is performed over 2 to 4 weeks, with adjustments in dosage of 5 g to 10 g of tricaprilin per week.

14. The use of claim 1, wherein the pharmaceutical composition is to be administered such that no ethnicity affects in total ketone C_{max} exposure after tricaprilin administration is observed in Caucasian versus Asian subjects.