CLAIMS

1. Use of a composition comprising approximately 0.5 g to approximately 10 g of R-beta-hydroxybutyrate in the manufacture of a medicament for maintaining ketosis in an individual, wherein the medicament is to be orally administered;

wherein administration induces or maintains ketosis in an individual.

2. The use of claim 1 wherein the amount of the composition to be administered comprises 0.5 to 3 g of R-beta-hydroxybutyrate.

3. The use of claim 1 wherein the composition further comprises at least one additional compound, and wherein at least one of the additional compounds comprises:
a short chain fatty acid,
an ester of short chain fatty acid;
a medium chain fatty acid,
an ester of medium chain fatty acid;
a long chain fatty acid,
or an ester of long chain fatty acid.

4. The use of claim 1 wherein the composition is to be administered up to 5 times daily.

5. The use of claim 1 wherein the composition further comprises at least one of:
a flavoring, a vitamin, a mineral, or a binder.

6. The use of claim 1 wherein administration of the composition increases strength.

7. The use of claim 1 wherein administration of the composition increases mental acuity.

8. The use of claim 1 wherein administration of the composition increases at least one of metabolism, fat loss, fat oxidation, motor function, or muscle mass.

9. The use of claim 1 wherein the 0.5 to 10 g of R-beta-hydroxybutyrate comprises R-beta-hydroxybutyrate and at least one of a polymer of R-beta-hydroxybutyrate or R-beta-hydroxybutyrate-complex.

10. A composition comprising:

approximately 0.5 g to approximately 10 g of R-beta-hydroxybutyrate; and

one or more additional compounds capable of increasing ketone levels independently;

wherein administration induces or maintains ketosis in an individual.

11. The composition of claim 10 wherein the R-beta-hydroxybutyrate comprises at least one of R-beta-hydroxybutyrate salt, R-beta-hydroxybutyrate- amino acid complex, or R-beta-hydroxybutyrate polymer.

12. The composition of claim 10 wherein at least one of the additional compounds comprises:

a short chain fatty acid,

an ester of short chain fatty acid;

a medium chain fatty acid,

an ester of medium chain fatty acid;

a long chain fatty acid,

or an ester of long chain fatty acid.

13. The composition of claim 10 wherein at least one of the additional compounds comprises at least one of a polymer of beta-hydroxybutyrate, D,L-beta-hydroxybutyrate, butyrate, butyric acid, or triglyceride tributyrin.

14. The composition of claim 10 wherein at least one of the additional compounds comprises at least one of berberine, dihydroberberine, or tetrahydroberberine.

15. A composition for inducing or maintaining ketosis, the composition comprising:

pharmaceutically effective amounts of R-beta-hydroxybutyrate and amino acid.

16. The composition of claim 15 wherein the composition is approximately 1 g to approximately 5 grams of R-beta-hydroxybutyrate and approximately 0.5 to 2 g of amino acid.

17. The composition of claim 15 wherein the amino acid comprises Leucine.

18. The composition of claim 15 wherein the composition comprises a mixture of the R-beta-hydroxybutyrate and amino acid.

19. The composition of claim 15 wherein at least a portion of the R-beta-hydroxybutyrate is complexed with the amino acid.

20. The composition of claim 19 further comprising at least one R-beta-hydroxybutyrate salt.