1. A pharmaceutical composition formulated for transmucosal delivery in the salivary mucosal environment, including at least one tocotrienol or derivative thereof, together with one or more pharmaceutically acceptable excipients.

2. A pharmaceutical composition according to claim 1, wherein the transmucosal delivery in the salivary mucosal environment is sublingual or buccal delivery.

3. A pharmaceutical composition according to claim 1 or 2, wherein the composition includes at a tocotrienol-rich vitamin E fraction including at least one tocopherol, wherein the tocopherol component of the vitamin E fraction is lower than the tocotrienol component.

4. A pharmaceutical composition according to claim 3, wherein the tocotrienol-rich vitamin E fraction includes less than about 10% tocopherol.

5. A pharmaceutical composition according to any one of claims 1 to 4, wherein, the composition includes a tocopherol, and the ability of the tocopherol to interfere or compete with the therapeutic activity of the tocotrienol, or derivative thereof has been eliminated, reduced or minimized.

6. A pharmaceutical composition according to claim 1 or 2, wherein the composition contains no tocopherol.

7. A method of improving exercise endurance in an animal including the transmucosal administration in the salivary mucosal environment of at least one tocotrienol or derivative thereof.

8. A method of improving exercise capacity in an animal including the transmucosal administration in the salivary mucosal environment of at least one tocotrienol or derivative thereof.

9. Use of at least one tocotrienol or derivative thereof in the preparation of a medicament for transmucosal administration.