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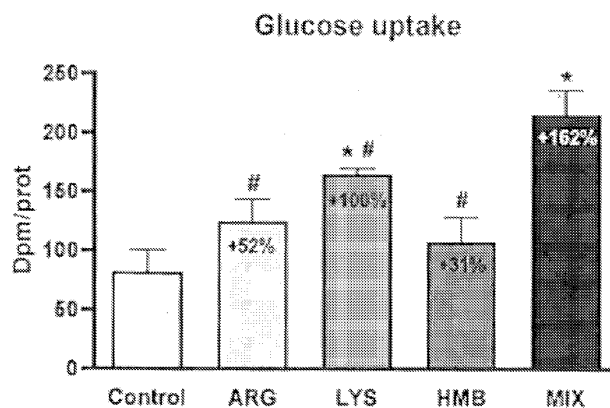


FIG. 1

(57) Abstract: A method of improving insulin production in a subject in need thereof comprises administering a nutritional composition comprising lysine, arginine, and beta-hydroxy-beta-methylbutyrate (HMB) to the subject. A method of improving insulin secretion in a subject in need thereof comprises administering a nutritional composition comprising lysine, arginine, and HMB to the subject. A nutritional composition comprises about 0.01 to about 15 wt % HMB, about 0.03 to about 40 wt % lysine, and about 0.02 to about 30 wt % arginine.

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