We claim:

1. A composition comprising a lipophilic compound having a log P of at least 5, and a vehicle, wherein the vehicle comprises (a) a fat component in an amount of at least 500 mg per oral dosage form sufficient to achieve lymphatic absorption in a mammal, wherein the fat component is selected from a mono-glyceride of long chain fatty acids, a tri-glyceride of long chain fatty acids, and a mono- and tri-glyceride of long chain fatty acids, wherein the long chain fatty acids in the monoglycerides are selected from fatty acid chains having from 14 to 24 carbon atoms and the long chain fatty acids in the triglycerides are selected from fatty acid chains having from 14 to 24 carbon atoms, (b) a hydrophilic surfactant wherein the weight ratio (a):(b) is from about 10: 1 to about 1 :2, the lipophilic compound comprises is selected from a group consisting of abiraterone acetate, and testosterone undecanoate, and the fat component is present in an amount sufficient to enhance or promote intestinal lymphatic transport of the compound upon oral administration in the fasted state as well as in fed state, compared to a composition without the fat component.

2. The composition of claim 1 wherein the fat component comprises a monoglyceride and a triglyceride of long chain fatty acids, wherein the weight ratio of triglycerides to monoglycerides is in a range from about 2.8: 1 to about 1 :5.

3. The composition of claim 1 or 2 wherein the amount of fat component is from 500 mg to 1200 mg.

4. The composition of any one of claims 1-3 wherein composition exhibits an AUC(O-inf) (fasted) / AUC(O-inf) (fed)) of at least about 0.4, such as at least about 0.8.

5. The composition of any one of claims 1-4 wherein the weight ratio of (a):(b) ranges from about 4: 1 to about 1 :2.

6. The composition of any one of claims 1-5 wherein the long chain fatty acids in the monoglycerides are selected from linolenic acid, oleic acid, palmitic acid, linoleic acid, or stearic acid.

7. The composition of any one of claims 1-6 wherein the long chain fatty acids in the triglycerides are selected from linolenic acid, oleic acid, palmitic acid, linoleic acid, or stearic acid.

8. The composition of any one of claims 1-7 wherein the fat component comprising a triglyceride of long chain fatty acids is selected from a naturally derived oil, such as soybean oil, olive oil, sesame oil, safflower oil, peanut oil, rapeseed oil, sunflower oil, coconut oil, corn oil, sunflower seed oil, cotton seed oil, palm oil, arachidis oil or any combination thereof.

9. The composition of any one of claims 1-8, wherein the fat component is selected from olive, soybean oil, mixtures of olive oil and glycerol mono oleate, and mixtures of soybean oil and glycerol mono oleate.

10. The composition of any one of claims 1, 3-8 wherein the fat component does not comprise any triglyceride but only monoglyceride, such as glycerol monooleate.

11. The composition of any of claims 1-10, wherein the vehicle is self-emulsifying.

12. The composition of any of claims 1-11, wherein the composition, upon dilution in purified water, forms droplets which a d50 of less than about 200 micrometer, such as less than about 40 micrometer, such as less than about 20 micrometer, less than about 10 micrometer, or less than about 5 micrometer.

13. The composition of any one of claims 1-12 wherein the lipophilic compound is fully or partly in a solid core, such as a tablet core.

14. The composition of claim 13 wherein the vehicle is adsorbed into the solid core.

15. The composition of claim 14 wherein the lipophilic compound is dissolved in the vehicle and adsorbed into the solid core.

16. The composition of claim 1 wherein the composition is a tablet having a solid core comprising the lipophilic compound and the vehicle absorbed into the solid core, wherein the fat component is present in an amount sufficient to enhance or promote intestinal lymphatic transport of the compound upon oral administration in the fasted state as well as in fed state, compared to a composition without the vehicle component in said solid core.

17. The composition of claim 16 wherein the lipophilic compound is dissolved in the vehicle and adsorbed into the solid core or wherein the lipophilic compound is partly or fully formulated into the solid core and then the vehicle is adsorbed into the solid core.

18. The composition of claims 13-17 wherein the solid core has a porosity of at least 30% volume, such as at least 40%, such as at least 50%>, such as at least 60%> .

19. The composition of claim 18 wherein the solid core comprises a silicon dioxide in an amount of at least 40 % by weight of the total composition without the lipophilic compound.

20. The composition of claim 1 being selected from a liquid, a gel, a granule, a capsule or tablet.

21. The composition of any one of the preceding claims wherein the hydrophilic surfactant is selected from hydrogenated castor oil ethoxylates, polysorbates or any other hydrophilic surfactant with a Hydrophile-Lipophile Balance (HLB) value of 10 or higher, and any combination thereof.

22. The composition of any one of the preceding claims wherein the lipophilic compound is abiraterone acetate.

23. The composition of any one of claims 1-22 wherein the lipophilic compound is selected from a compound which has been modified by attachment of a lipophilic moiety to increase the lipophilicity of the lipophilic compound to at least log P of at least 5 making it suitable for lymphatic uptake.

24. The composition of claim 23 wherein the lipophilic compound is testosterone undecanoate.

25. A tablet comprising (i) a solid core and (ii) a composition comprising an omega-3 oil and a vehicle comprising a hydrophilic surfactant; wherein the solid core comprises a silicon dioxide, wherein the composition comprising the omega-3 oil and the vehicle is adsorbed into the solid core, and wherein the omega-3 oil is present in an amount of at least 500 mg per tablet sufficient to achieve lymphatic absorption in a mammal, and present in an amount sufficient to enhance or promote intestinal lymphatic transport of the omega-3 oil upon oral administration in the fasted state as well as in fed state, compared to a composition without the omega-3 oil.

26. A tablet comprising a solid core and an omega-3 oil, wherein the solid core comprises silicon dioxide and wherein the omega-3 oil is adsorbed into the solid core, and wherein the omega-3 oil is present in an amount of at least 500 mg per tablet sufficient to achieve lymphatic absorption in a mammal, and present in an amount sufficient to enhance or promote intestinal lymphatic transport of the omega-3 oil upon oral administration in the fasted state as well as in fed state, compared to a composition without the omega-3 oil.

27. The tablet of claim 25 or 26 wherein the solid core enhance or promote intestinal lymphatic transport of the omega -3-oil upon oral administration in the fasted state as well as in fed state, compared to a composition not adsorbed into said solid core.

28. The tablet of claim 27 wherein the omega-3 oil is present in an amount from about 0.5% to about 80% and typically from about 30 to about 60%> by weight based on 100% total weight of the composition.

29. The composition of any one of claims 1-24, wherein the composition is a tablet comprising a solid core for use of adsorbing the lipophilic compound contained in the composition of any one of claims 1-24 into the solid core, wherein the solid core comprises at least one selected from a group consisting of a silicon dioxide, Hypromellose 100 cps, maltodextrin, and low-substituted Hydroxypropyl cellulose.

30. The composition of claim 29 which is empty of any liquid composition and any pharmaceutical compound.

31. The composition of claim 29 or 30 wherein the solid core further comprises an antioxidant, such as alpha-Tocopeherol, gamma-Tocopherol, ascorbyl palmitate, ascorbic acid, Butylated Hydroxytoluene, Butylated Hydroxyanisole, citric acid or propyl gallate.

32. The composition of any one of claims 29-31 wherein the solid core further comprises a metal scavenger, such as EDTA.