What is claimed is:

1. A galactose oral composition, comprising:

galactose;

a buffer; and

an antioxidant in an amount of from 0.001 to 99 percent by volume; wherein said galactose oral composition has a pH value ranging from 3.0 to 6.0; and wherein said galactose includes at least one of D-(+)- galactose, L-(-)- galactose, stable isotope galactose or galactose ring.

2. The galactose oral composition according to claim **1,** wherein said antioxidant is selected from the group consisting of Vitamin A, Vitamin C, Vitamin E, sodium bisulfite, polyphenols, Ethylenediaminetetraacetic acid (EDTA), flavonoids, Diethylenetriaminepentaacetic acid (DTPA), and *NTA*-Nitrilotriacetate acid (NTA).

3. The galactose oral composition according to claim **1,** wherein said buffer is selected from the group consisting of ascorbic acid buffer, citrate buffer, phosphate buffer, acetate buffer, carbonate buffer, and triethanolamine buffer.

4. The galactose oral composition according to claim **1,** wherein said galactose oral composition is a food composition and/or a pharmaceutical composition.

5. The galactose oral composition according to claim **1,** wherein said galactose oral composition further includes at least one of emulsifier, colorant, spice, flavoring agents, sweetener, preservatives, excipients, extenders, stabilizers, dispersants, acceptable food additives or acceptable pharmaceutical excipients.

6. The galactose oral composition according to claim **1,** wherein said galactose oral composition further includes a sweetener, wherein said sweetener is selected from the group consisting D-Sorbitol, D-Sorbitol Solution 70%, D-Xylitol, Glycyrrhizin, Trisodium Glycyrrhizinate, D-Mannitol, Saccharin, Saccharin Sodium, Sodium Cyclamate, Calcium Cyclamate, Aspartame, Steviol Glycoside, Licorice Extracts, Acesulfame

Potassium, Ammoniated Glycyrrhizin, Monoammonium Glycyrrhizinate, Maltitol, Maltitol Syrup (Hydrogenated Glucose Syrup), Isomalt (Hydrogenated Palatinose), Lactitol, Monoglucuronyl

Glycyrrhetic Acid, Thaumatin, Erythritol, Sucralose, and Neotame.

7. The galactose oral composition according to claim **1,** wherein said galactose oral composition further includes a spice, wherein said spice is selected from the group consisting of cherry, lemon, lime, mandarin, orange, tangerine, mint, strawberry, banana, caramel, licorice, passion-fruit, peach, raspberry, tutti-frutti, grapefruit, vanilla, cream, chocolate, and grape.

8. A method of assessing hepatic blood flow status, hepatic enzyme status, and metabolic ability of galactose in a subject, which method comprises:

a) a galactose oral composition according to claim 1, wherein the galactose oral composition is to be orally administered to the subject;

b) a biological specimen is to be collected from said subject; and

c) an amount of galactose is to be measured in said biological specimen to assess hepatic blood flow status, hepatic enzyme status, and metabolic ability of galactose in said subject.

9. The method according to claim **8,** wherein each oral dose of the galactose oral composition ranges from 0.0lg/kg to 5g/kg.

10. A galactose oral composition, comprising:

galactose;

a buffer; and

an antioxidant in an amount of from 0.001 to 99 percent by volume; wherein said galactose oral composition has a pH value ranging from 3.0 to 6.0;

wherein said galactose composition comprises an original color thereof under a target temperature condition; and

wherein said galactose includes at least one of D-(+)- galactose, L-(-)- galactose, stable isotope galactose or galactose ring.

11. The galactose oral composition according to claim **10,** wherein said target temperature is a temperature ranging from 80 ℃ to 250 °C.

12. The galactose oral composition according to claim **10,** wherein said galactose composition is a nutritional sweetener.

13. The galactose oral composition according to claim **10,** wherein said galactose composition is mixed into a food, nourishment, and formula milk.

14. A method of assessing hepatic blood flow status, hepatic enzyme status, and metabolic ability of galactose in a subject, which method comprises:

a) a galactose oral composition of claim 10 is to be administered to said subject;

b) a biological specimen is to be collected from said subject; and

c) an amount of galactose is to be measured in said biological specimen to assess hepatic blood flow status, hepatic enzyme status, and metabolic ability of galactose in said subject.

15. The method according to claim **14,** wherein each dose of the galactose composition ranges from 0.0lg/kg to 5g/kg.

16. The galactose oral composition according to claim 1 or 10, wherein the antioxidant comprises sodium bisulfite, the buffer comprises citrate buffer, and the pH value is 4.5.