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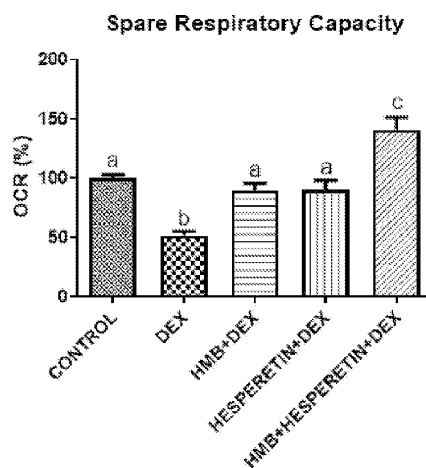


FIG. 3

(57) Abstract: A method of for improving muscle energy production and/or muscle strength in a subject, and/or for reducing muscle loss in a subject comprises administering beta-hydroxy beta-methylbutyrate (HMB) and at least one citrus flavonoid to the subject. A nutritional composition comprises protein, fat, carbohydrate, HMB, and at least one citrus flavonoid.

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