CLAIMS

WHAT IS CLAIMED IS:

1. Use of a composition comprising α-ketoglutarate (AKG) and a vitamin D compound in the manufacture of a medicament for delaying onset or delaying progression of frailty.

2. The use of claim 1, wherein the delaying onset or delaying progression of frailty comprises delaying onset or delaying progression of a frailty phenotype.

3. The use of claim 2, wherein the frailty phenotype is selected from the group consisting of hair loss, dermatitis, kyphosis, grip strength, a gait disorder, hearing loss, cataracts, corneal opacity, eye discharge, vision loss, nasal discharge, age-related fat loss and tremors.

4. The use of claim 2, wherein the frailty phenotype is dermatitis.

5. The use of claim 2, wherein the frailty phenotype is kyphosis.

6. The use of claim 2, wherein the frailty phenotype is grip strength.

7. The use of claim 2, wherein the frailty phenotype is the gait disorder.

8. The use of claim 2, wherein the frailty phenotype is hair loss.

9. The use of claim 2, wherein the frailty phenotype is hearing loss.

10. The use of claim 2, wherein the frailty phenotype is tremors.

11. The use of claim 1, wherein the AKG is formulated as a calcium salt of AKG.

12. The use of claim 11, wherein the calcium salt of AKG comprises a mono-hydrate calcium α-ketoglutarate.

13. The use of claim 1, wherein the vitamin D compound is vitamin D3.

14. The use of claim 1, wherein the medicament is to be administered once daily.

15. The use of claim 1, wherein the medicament is to be administered twice daily.

16. The use of claim 1, wherein the medicament is formulated into an orally administered form.

17. The use of claim 16, wherein the orally administered form comprises a tablet, a powder, a suspension, a serum, an emulsion, a capsule, a granule, a pill, a gel, a solution, or a syrup.

18. The use of claim 1, wherein the subject is human.

19. The use of claim 1, wherein the subject is female.

20. The use of claim 1, wherein the composition further comprises a pharmaceutically acceptable excipient.