CLAIMS

1. Non-therapeutic use of a composition comprising 0.5 g to 10 g of R-beta-hydroxybutyrate salt for one or more of the following conditions in a healthy individual: weight loss and/or maintenance; elevated beta-hydroxybutyrate levels in the blood; elevated, reduced, and/or maintenance of blood ketone levels; induction and/or maintenance of ketosis; cognitive function; glucose tolerance; decrease blood glucose levels; suppressing appetite; symptoms associated with aging; provide anti-glycation affects; increase muscle mass; increase fat loss; and/or combinations thereof, wherein the composition is to be orally administered,

wherein the R-beta-hydroxybutyrate salt is composed of greater than 90 percent of R-beta-hydroxybutyrate salt and less than 10 percent of L-beta-hydroxybutyrate salt.

2. The non-therapeutic use of claim 1, wherein the composition comprises less than 2 g of R-beta-hydroxybutyrate.

3. The non-therapeutic use of claim 1, wherein the composition further comprises at least one additional compound, and wherein at least one of the additional compounds comprises one or more fatty acids, one or more esters of a fatty acid or one or more triglycerides.

4. The non-therapeutic use of claim 1, wherein the composition further comprises at least one of: a flavoring, a vitamin, a mineral, or a binder.

5. The non-therapeutic use of claim 1, wherein administration of the composition increases at least one of metabolism, fat loss, fat oxidation, motor function, or muscle mass.

6. The non-therapeutic use of claim 1, wherein the 0.5 to 10 g of R-beta-hydroxybutyrate salt comprises R-beta-hydroxybutyrate salt and at least one of a polymer of R-beta-hydroxybutyrate or R-beta-hydroxybutyrate-complex.

7. The non-therapeutic use of claim 1, wherein the composition is free of fatty acids with 6-12 carbons and esters of fatty acids with 6-12 carbons.

8. A composition consisting of:

0.5 g to 15 g of R-beta-hydroxybutyrate salt, wherein the R-beta-hydroxybutyrate salt is composed of greater than 90 percent of R-beta-hydroxybutyrate salt and less than 10 percent of L-beta-hydroxybutyrate salt; and

optionally, at least one of a flavoring, a vitamin, a mineral, an amino acid, or a binder;

wherein administration of the composition induces or maintains ketosis in an individual.

9. The composition of claim 8, wherein the composition is free of fatty acids with 6-12 carbons and esters of fatty acids with 6-12 carbons.

10. A composition comprising:

0.5 g to 15 g of beta-hydroxybutyrate salt, wherein the beta-hydroxybutyrate salt comprises at least 90% by weight of R-beta-hydroxybutyrate salt and less than 10% by weight of L-beta-hydroxybutyrate salt;

wherein the composition is free of fatty acids with 6-12 carbons and esters of fatty acids with 6-12 carbons; and

wherein administration of the composition induces or maintains ketosis in an individual.

11. The composition of claim 10, wherein the composition further comprises at least one of R-beta-hydroxybutyrate- amino acid complex or R-beta-hydroxybutyrate polymer.

12. The composition of claim 10, wherein the composition further comprises at least one of a polymer of beta-hydroxybutyrate, butyrate, butyric acid, or triglyceride tributyrin.

13. The composition of claim 10, wherein the composition comprises 5 g to 15 g of R-beta-hydroxybutyrate salt.

14. The composition of claim 10, wherein the composition further comprises at least one amino acid.

15. The composition of claim 14, wherein the composition comprises 1 g to 5 g of R-beta-hydroxybutyrate salt and 0.5 g to 2 g of the at least one amino acid.

16. The composition of claim 10, wherein the composition further comprises at least one amino acid, and wherein the amino acid comprises Leucine.

17. The composition of claim 14, wherein at least a portion of the R-beta-hydroxybutyrate salt is complexed with the amino acid.

18. The composition of claim 10, further comprising a fatty acid with more than 12 carbons, or an ester of a fatty acid with more than 12 carbons.

19. Use of the composition of any one of claims 8 to 10 in the manufacture of a medicament for treating or improving motor function in an individual with Parkinson's disease, wherein the medicament is to be orally administered.