CLAIMS

1. Use of a ketone body or ketone body ester comprising a monoester of (R)-3-hydroxybutyrate with an alcohol selected from R-1,3-butanediol and glycerol in maintaining or improving muscle power output of a healthy subject.

2. The use according to claim 1, wherein skeletal muscle power output is maintained or improved.

3. The use according to claim 1 or claim 2, wherein power output is improved by at least 0.25% relative to a placebo when measured in a controlled test over 30 minutes.

4. The use according to any one of claims 1 to 3, wherein power output is increased by at least 1 Watt relative to a placebo when measured in a controlled test over 30 minutes.

5. The use according to any one of claims 1 to 4, wherein circulating levels of hydroxybutyrate and acetoacetate in blood of the subject are from greater than 1 to 5mM.

6. A composition comprising a ketone body or ketone body ester comprising a monoester of (R)-3-hydroxybutyrate with an alcohol selected from R-1,3-butanediol and glycerol, when used for maintaining or improving muscle power output of a healthy subject.

7. The composition according to claim 6, comprising water and optionally comprising one or more of a flavouring, a protein, carbohydrate, sugars, fat, fibre, vitamins and minerals.

8. The composition according to claim 6 or claim 7, further comprising a mid-chain triglyceride.

9. The composition according to claim 8, wherein the composition comprises a mid-chain triglyceride having a formula CH_2R_1- CH_2R_2- CH_2R_3, wherein R1, R2 and R3 are fatty acids having 5 to12 carbon atoms.

10. An energy beverage when used for maintaining or improving muscle power output of a subject, wherein the energy beverage comprises a composition according to any one of claims 6 to 9, and further comprises water and a sugar.