What is claimed is:

1. Use of a pharmaceutical composition comprising a therapeutically effective amount of tricaprilin in the manufacture of a medicament ~~A method of administering tricaprilin~~ for the treatment of a disease or disorder in a subject in need thereof, ~~the method comprising: administering a pharmaceutical composition comprising a therapeutically effective amount of tricaprilin to the subject in need thereof,~~ wherein the therapeutically effective amount of tricaprilin provides a maximum serum concentration (C_{max}) of total ketones of at least 300 µmol/L; and

wherein the therapeutically effective amount of tricaprilin is to be administered as single or divided doses between 30 g and 80 g per day~~, administered as single or divided doses~~.

2. The ~~method~~ use of claim 1, wherein the therapeutically effective amount of tricaprilin provides a C_{max} of tricaprilin of at least 500 ng/mL.

3. The use ~~method~~ of claim 1, wherein the therapeutically effective amount of tricaprilin provides a maximum serum concentration (C_{max}) of total ketones within at least 1 hour after administration, at least 1.5 hours after administration, at least 2 hours after administration, at least 2.5 hours after administration, or at least 3 hours after administration.

4. The use ~~method~~ of claim 1, wherein the C_{max} of total ketones at least 500 µmol/L, at least 750 µmol/L, or at least 1000 µmol/L.

5. The use ~~method~~ of claim 1, wherein the subject in need thereof is an elderly subject.

6. The use ~~method~~ of claim 5, wherein the elderly subject lacks the ApoE4 genotype.

7. The use ~~method~~ of claim 1, wherein the therapeutically effective amount of tricaprilin provides a C_{max} of b-hydroxybutyrate (BHB) of at least 400 µmol/L, at least 450 µmol/L, or at least 500 µmol/L.

8. The use ~~method~~ of claim 1, wherein the therapeutically effective amount of tricaprilin provides a C_{max} of acetoacetate (AcAc) of at least 50 umol/L, at least 60 umol/L, at least 70 umol/L, at least 80 umol/L, at least 90 umol/L, or at least 100 umol/L.

9. The use ~~method~~ of claim 1, wherein the disease or disorder is a disease or disorder associated with reduced cognitive function.

10. The use ~~method~~ of claim 9, wherein the disease or disorder associated with reduced cognitive function is selected from Alzheimer's Disease and Age-Associated memory impairment.

11. The use ~~method~~ of claim 1, wherein the pharmaceutical composition is formed as an emulsion for administration.

12. The use ~~method~~ of claim 1, wherein the therapeutically effective does of tricaprilin of between 30 g and 80 g per day is achieved by titrating up to the final therapeutically effective dosage.

13. The use ~~method~~ of claim 12, wherein the titration is performed over 2 to 4 weeks, with adjustments in dosage of 5 g to 10 g of tricaprilin per week.

14. The use ~~method~~ of claim 1, wherein the pharmaceutical composition is to be administered such that no ethnicity affects in total ketone C_{max} exposure after tricaprilin administration is observed in Caucasian versus Asian subjects.