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BETA-HYDROXYBUTYRATE (BHB)

Search for medical details concerning BETA-HYDROXYBUTYRATE (BHB) on iMedix including its uses, side effects and precautions, overview, interactions and reviews.

- **ActiveIngredient:**
 - **DosageForm:**
 - **Dosage:**
 - **Indications:**
 - **Manufacturer:**
 - **Storage:**
 - **Market Price:**
 - **Drug Status:**
-

Description

Uses & Effectiveness We currently have no information for BETA-HYDROXYBUTYRATE (BHB) overview. **Overview** Beta-hydroxybutyrate (BHB) is a chemical that is made by the body. It provides energy when not enough carbohydrates or sugars have been eaten. BHB can also be made in the lab and taken as a supplement. It seems to help the brain and nerves work better. It might also provide energy to muscles to improve exercise ability. BHB is used for dry eye, athletic performance, migraine, Alzheimer disease, Parkinson disease, and many other conditions, but there is no good scientific evidence to support these uses. Beta-hydroxybutyrate (BHB) is not a vitamin, but rather a naturally occurring molecule produced by the body during fasting or low carbohydrate intake. It serves as an alternative source of energy for the brain and has recently gained attention as a potential therapeutic tool for neurological disorders like epilepsy and Alzheimer's Disease. **Side Effects** When taken by mouth: BHB is possibly safe when taken as a single dose of 380 mg/kg. Some people might have stomach upset, diarrhea, constipation, and stomach pain. These side effects are more likely to happen when very high doses are used. There isn't enough reliable information to know if BHB is safe when more than one dose is used. When applied into the eye: BHB is possibly safe. An eye drop containing 1% BHB has been used without side effects for up to 4 weeks. **Interactions** We currently have no information for BETA-HYDROXYBUTYRATE (BHB) overview. **Special Precautions and Warnings** When taken by mouth: BHB is possibly safe when taken as a single dose of 380 mg/kg. Some people might have stomach upset, diarrhea, constipation, and stomach pain. These side effects are more likely to happen when very high doses are used. There isn't enough reliable information to know if BHB is safe when more than one dose is used. When applied into the eye: BHB is possibly safe. An eye drop containing 1% BHB has been used without side effects for up to 4 weeks. **Pregnancy and breast-feeding:** There isn't enough reliable information to know if BHB is safe to use when pregnant or breast-feeding. Stay on the safe side and avoid use. **Dosing** There isn't enough reliable information to know what an appropriate dose of BHB might be. Keep in mind that natural products are not always necessarily safe and dosages can be important. Be sure to follow relevant directions on product labels and consult a healthcare professional before using.

Side Effects

Uses

Interactions

Other Details
