BRIANNA STUBBS, Ph.D.

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BRIEF BIO

Dr. Stubbs is a world expert in exogenous ketone metabolism and its implications for performance, resilience and health-span. She completed her PhD in Metabolic Physiology at the University of Oxford, studying the metabolism and the application of exogenous ketone salts and esters. Whilst completing her studies, she competed on the British International Rowing Team, and was a two-time World Champion lightweight athlete. Brianna is currently a Research Assistant Professor and Direcotr of Translational Science in the Business at The Buck Institute for Research on Aging where she is focused on the translation of ketone body research into consumer products and drugs that target healthy aging.

EMPLOYMENT

The Buck Institute for Research in Aging May 2025-Present
Novato, CA USA
Research Assistant Professor

The Buck Institute for Research in Aging Feb 2024-Present
Novato, CA USA
Director of Translational Science

The Buck Institute for Research in Aging May 2019-Feb 2024
Novato, CA USA
Lead Translational Scientist

HVMN, Inc. 2017-2019
San Francisco, CA USA
Research Lead

University of Oxford Jan-May 2017
San Francisco, CA USA
Postdoctoral Research Fellow

EDUCATION

University of Oxford, Oxford, United Kingdom 2013-2017
DPhil (PhD), Physiology

University of Oxford, Oxford, United Kingdom 2009-2016

ACTIVITIES

High Performance Athlete, British Rowing 2013-2017
2009 World Junior Rowing Championships- Silver Medal
2013 World U23 Rowing Championships- Gold Medal
2015 World Senior Rowing Championships- Silver Medal
2016 World Senior Rowing Championships- Gold Medal

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RESEARCH AND PUBLISHING METRICS

- *h*-index: 13 (Scopus)
- 30 pubications, 1251 Citations

RELEVANT RESEARCH PUBLICATIONS

1. **Stubbs BJ**, Ford KM, Volek J. Editorial: Emerging aspects of ketone metabolism in health & disease. Front Physiol. 2024;15:1404454. https://doi.org/10.3389/fphys.2024.1404454

2. Bonnechère B, Stephens EB, Boileau AC, Ducker M, **Stubbs BJ**. The Effect of Exogenous Ketone Bodies on Cognition in Patients with Mild Cognitive Impairment, Alzheimer's Disease and in Healthy Adults: A Systematic Review and Meta-Analysis. MedRxiv Prepr Serv Health Sci. 2025;2025.09.17.25335999. https://doi.org/10.1101/2025.09.17.25335999

3. Stephens EB, Senadheera C, Roa-Diaz S, Peralta S, Alexander L, Silverman-Martin W, et al. A Randomized Open-Label, Observational Study of the Novel Ketone Ester, Bis Octanoyl (R)-1,3-Butanediol, and Its Acute Effect on ß-Hydroxybutyrate and Glucose Concentrations in Healthy Older Adults. J Nutr Gerontol Geriatr. 2025;44:103–22. https://doi.org/10.1080/21551197.2025.2466163

4. Madhavan SS, **Stubbs BJ**. Beta-hydroxybutyrate. Trends Endocrinol Metab TEM. 2025;36:96–7. https://doi.org/10.1016/j.tem.2024.06.005

5. Madhavan SS, Roa Diaz S, Peralta S, Nomura M, King CD, Ceyhan KE, et al. β-hydroxybutyrate is a metabolic regulator of proteostasis in the aged and Alzheimer disease brain. Cell Chem Biol. 2025;32:174-191.e8. https://doi.org/10.1016/j.chembiol.2024.11.001

6. **Stubbs BJ**, Alvarez Azañedo G, Peralta S, Diaz SR, Gray W, Alexander L, et al. Rationale and protocol for a safety, tolerability and feasibility randomized, parallel arm, double-blind, placebo-controlled, pilot study of a novel ketone ester targeting frailty via immunometabolic geroscience mechanisms. PloS One. 2024;19:e0307951. https://doi.org/10.1371/journal.pone.0307951

7. **Stubbs BJ**, Stephens EB, Senadheera C, Peralta S, Roa-Diaz S, Alexander L, et al. Daily consumption of ketone ester, bis-octanoyl (R)-1,3-butanediol, is safe and tolerable in healthy older adults in a randomized, parallel arm, double-blind, placebo-controlled, pilot study. J Nutr Health Aging. 2024;28:100329. https://doi.org/10.1016/j.jnha.2024.100329

8. Cox PJ, Kirk T, Ashmore T, Willerton K, Evans R, Smith A, et al. Nutritional Ketosis Alters Fuel Preference and Thereby Endurance Performance in Athletes. Cell Metab. 2016;24:256–68. https://doi.org/10.1016/j.cmet.2016.07.010

9. Nieman KM, Anthony JC, **Stubbs BJ**. A Novel Powder Formulation of the Ketone Ester, Bis Hexanoyl (R)-1,3-Butanediol, Rapidly Increases Circulating ß-Hydroxybutyrate Concentrations in Healthy Adults. J Am Nutr Assoc. 2023;42:635–42. https://doi.org/10.1080/27697061.2022.2117743

10. Dearlove DJ, Holdsworth D, Kirk T, Hodson L, Charidemou E, Kvalheim E, et al. β-Hydroxybutyrate Oxidation in Exercise Is Impaired by Low-Carbohydrate and High-Fat Availability. Front Med. 2021;8:721673. https://doi.org/10.3389/fmed.2021.721673

11. **Stubbs BJ**, Cox PJ, Evans RD, Santer P, Miller JJ, Faull OK, et al. On the Metabolism of Exogenous Ketones in Humans. Front Physiol. 2017;8:848. https://doi.org/10.3389/fphys.2017.00848