

Abbreviated Unaudited Accounts for the Year Ended 31 March 2014

for

Inside Out Nutrition UK Limited

Contents of the Abbreviated Accounts
for the Year Ended 31 March 2014

	Page
Company Information	1
Abbreviated Balance Sheet	2
Notes to the Abbreviated Accounts	3

Inside Out Nutrition UK Limited

Company Information
for the Year Ended 31 March 2014

DIRECTOR:

A Wolstenhulme

REGISTERED OFFICE:

10 Milton Court
Ravenshead
Nottinghamshire
NG15 9BD

REGISTERED NUMBER:

06866557 (England and Wales)

ACCOUNTANTS:

Adcock Financial
10 Milton Court
Ravenshead
Nottinghamshire
NG15 9BD

Inside Out Nutrition UK Limited (Registered number: 06866557)

Abbreviated Balance Sheet

31 March 2014

	Notes	2014 £	2013 £
CURRENT ASSETS			
Debtors		5,875	1,171
Cash at bank		<u>2,060</u>	<u>3,093</u>
		7,935	4,264
CREDITORS			
Amounts falling due within one year		<u>5,494</u>	<u>1,887</u>
NET CURRENT ASSETS		<u>2,441</u>	<u>2,377</u>
TOTAL ASSETS LESS CURRENT			
LIABILITIES		<u>2,441</u>	<u>2,377</u>
CAPITAL AND RESERVES			
Called up share capital	2	1	1
Profit and loss account		<u>2,440</u>	<u>2,376</u>
SHAREHOLDERS' FUNDS		<u>2,441</u>	<u>2,377</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2014.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2014 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges her responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.
- (b)

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the director on 30 July 2014 and were signed by:

A Wolstenhulme - Director

The notes form part of these abbreviated accounts

Notes to the Abbreviated Accounts
for the Year Ended 31 March 2014

1. ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Turnover

Turnover represents net invoiced sales of goods, excluding value added tax.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

2. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	2014 £	2013 £
1	Ordinary	£1	<u>1</u>	<u>1</u>

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.