

Abbreviated Unaudited Accounts for the Year Ended 31 March 2015

for

Inside Out Nutrition UK Limited

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for the Year Ended 31 March 2015

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Inside Out Nutrition UK Limited

Company Information
for the Year Ended 31 March 2015

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 2015

	Notes	2015 £	2014 £
CURRENT ASSETS			
Debtors		10,548	5,875
Cash at bank		<u>1,183</u>	<u>2,060</u>
		11,731	7,935
CREDITORS			
Amounts falling due within one year		<u>8,971</u>	<u>5,494</u>
NET CURRENT ASSETS		<u>2,760</u>	<u>2,441</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>2,760</u>	<u>2,441</u>
CAPITAL AND RESERVES			
Called up share capital	2	1	1
Profit and loss account		<u>2,759</u>	<u>2,440</u>
SHAREHOLDERS' FUNDS		<u>2,760</u>	<u>2,441</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2015.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2015 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 17 September 2015 and were signed by:

A Wolstenhulme - Director

Notes to the Abbreviated Accounts
for the Year Ended 31 March 2015

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:	2015 £	2014 £
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.